

GOKULAM

THE Magazine for Children



HEALTH AHOY!



Chandanashree.V.C.
Std. IX SKCHS State,
Bengalooru

Of all created things the loveliest.
And most divine are children.

-William Canton

February 2010 Vol.XXII, No.8

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Welcome
Aboard

'MISTY HEIGHTS'

New
Serial - Pg 12

Cover Design : Pillai

Cover Title: The term 'Ahoy' is derived from the German 'Ahoi', a form of greeting. This word has generally been associated with sailors who shouted 'land ahoy', an exclamation announcing the sighting of land from a ship, indeed a joyous occasion in times of yore. We have added this term to 'Health' implying that all Gokulam readers should greet and proceed towards good health! So, Health Ahoy!



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THE Magazine for Children.

Dear Reader,

Long ago, when I was studying in second standard I had to by-heart a poem which I remember even today:

Monday's child is fair of face;

Tuesday's child is full of grace.

Wednesday's child is loving and giving;

Thursday's child works hard for a living.

Friday's child is full of woe;

Saturday's child has far to go.

But the child born on the Sabbath day

Is wise, healthy, happy and gay!

I did not like this poem then and I don't like it now. For, I believe that all children are born equal and are beautiful to look at. Differences between them crop up only later, owing to their family's financial background, upbringing, educational opportunities,

All Children Bright and Beautiful



etc. Given equal opportunities and loving care, all of them will grow up to be wise, healthy and happy.

Recently an organization, for want of something better to do, conducted a poll among 62,000 students and found that children named Megan or Rosy are most likely to cause mischief! Children named as Francis or Shann can look forward to a pile of presents for Christmas as they are well behaved!

What nonsense! I feel that such polls and poems which degrade children must be banned. Don't you?

- Editor



Breakfast is the first and the most important meal of the day. Many people, especially adolescents, skip their breakfast under the wrong notion that it will reduce their weight. Skipping breakfast is the worst thing we can do to our body. Instead of reducing our weight it will make us weak and fatigued. It will also result in major health problems like acidity and related ailments. As we are 'on the go' in the morning, this meal will not add to our calories. As the proverb goes, "Breakfast like a king, lunch like a commoner and dinner like a pauper."

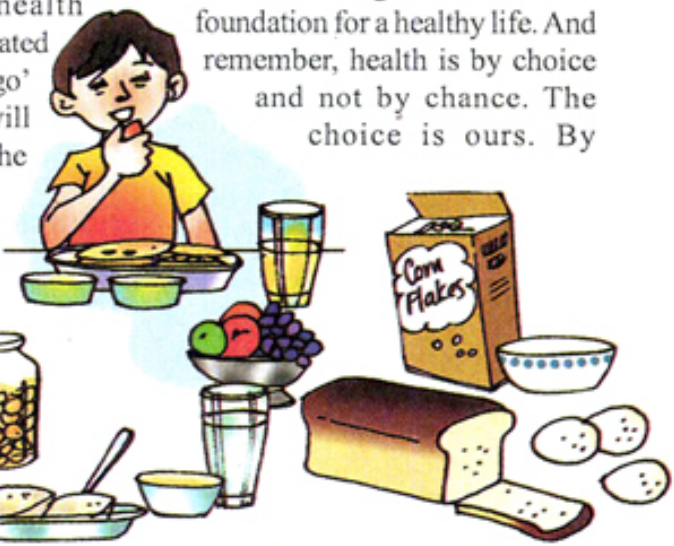
Breakfast is very important because it is the first meal that we undertake after a long gap. In today's world, we might just skip breakfast to save those precious few minutes. But by

doing so we are just digging our own grave. Skipping breakfast implies missing the most important nutrients which are vital to keep our mind and body alert and healthy throughout the day. A person's performance and mood will definitely improve with

Speak Out

some food in the stomach.

It has also been found that children who eat a healthy breakfast are more alert and perform better than those who skip their morning meal. There is no denying the fact that eating breakfast is the foundation for a healthy life. And remember, health is by choice and not by chance. The choice is ours. By



Breakfast like a King!

adopting a better diet and a wiser lifestyle we can live longer, feel better and enjoy a healthier and a more productive life.

- Kavitha.G, Std.XI, St.Joseph of Cluny, Puducherry



Usually when we speak of health we talk about maintaining hygiene, following a healthy diet and adapting good sleep habits. We discuss about physical exercises to keep our body fit, ways and means to avoid infections, taking supplements to help us build immunity and so on. This is definitely important and should not be ignored.

But there is another side to this coin. While maintaining good physical health, it is equally important to learn certain skills which develop our emotional strength. We need to exercise our mind and emotions to develop into well behaved and mature individuals. These skills are called 'Life Skills'. They are exercises which strengthen our mental muscles and help us overcome mental and emotional challenges.

Given below are some mental techniques and exercises for a few common issues that affect us.

Anger

Radhika, an eight year old girl finds it difficult to maintain control when she

feels angry. She tends to shout at the top of her voice, throw things throw herself on the ground and cry! While all of us are victims of this emotion at various points of time, it is definitely not right to lose our temper at the drop of a hat. But then there are ways to deal with it. The next time you feel anger welling up inside you, try these time tested techniques:

- Start counting up to 10. Simple as this may sound, it is a highly effective method. If you still do not feel in control, close your eyes and keep counting. It helps! Radhika practiced this technique and she mastered it so well that by the time she shut her eyes and started counting, her anger vanished in to thin air.

- Close your eyes and start taking deep breaths. Do not focus on what has made you angry, but just

LEARNING

concentrate on your breathing. Breathe in, breathe out. Slowly you will see the feeling of intense anger passing away and you will feel in control of yourself again.

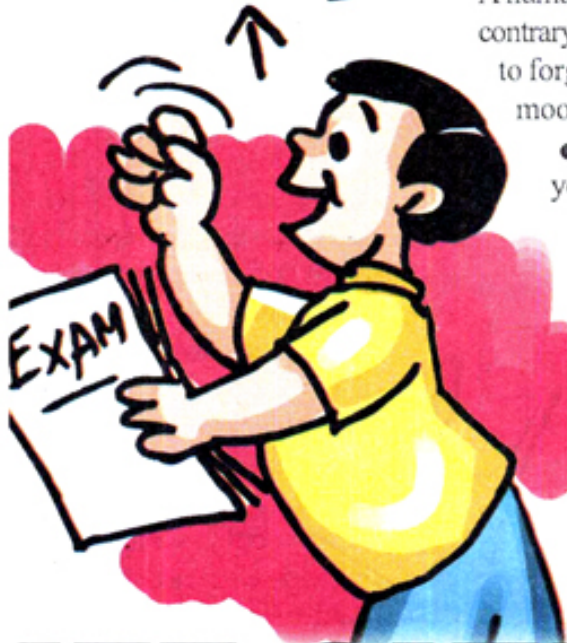
- Have you seen a turtle? When it senses danger it withdraws its head and legs into its shell till the danger passes

SHITAL RAVI



way. We too can do the same. When you are angry and in danger of harming yourself or someone else, use the turtle technique. Close your eyes, rest your

WILL DO WELL



LIFE SKILLS!

pin on your chest, hold your fists near your stomach and fold and draw your legs near your chest if you are in a sitting position. This will help you to wash away the feeling of anger without responding in an aggressive manner to the situation. Next time you get angry don't be yourself, be a turtle!

Cover Story



- If possible go into your room and listen to gentle music till you have calmed down. A human being cannot experience two contrary moods. Music will soothe you to forget your anger and pick up the mood of the song.

- Talk to a friend or adult about your feeling. Expressing your anger verbally helps you to get it out of your system.

- Go for a walk. It helps you to dispense the extra energy that gets built up when you are angry.

Self Confidence and Self Esteem

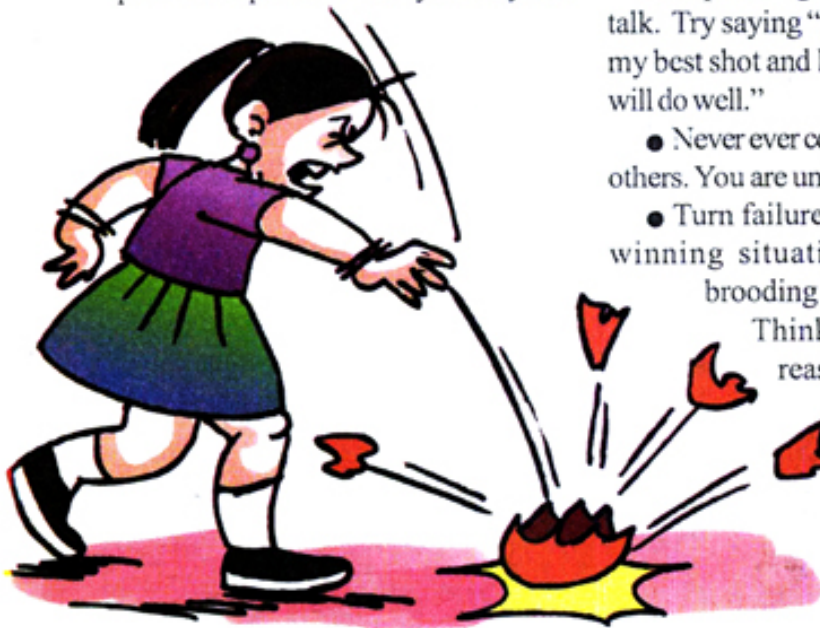
Ravi is a student of class four and is timid and meek by

nature. He usually knows the answers to many questions asked in the class. But he never gets up to answer them fearing that his friends will laugh at him, and his teachers will assume that he has not studied if he gives the incorrect answer.

This is another common situation

faced by all of us. We doubt our abilities and are afraid of failures. We tend to feel that no one loves us and that others of our age are much better than us. This is a result of low confidence. Following these tips can help us gain self confidence:

- Identify your strengths and positive aspects. While you may not



have a great memory or be a great singer, you may be hard working, you may have the ability to plan and execute tasks, you may be a good listener, you perhaps help your parents in household chores, etc. Make a note of all these things even though they may seem insignificant. It will help you to see how many good qualities you possess. This will boost your feeling

of self confidence and self worth.

- Make a note of your achievements. For instance, any special talents that you may possess like dancing, music, drawing, sports, elocution; and if you have taken part in any competitions or programs, make a note of that too.

- Replace negative with positive talk. Try saying "I am going to give my best shot and I am confident that I will do well."

- Never ever compare yourself with others. You are unique! Be yourself,

- Turn failures and setbacks into winning situations! Don't keep brooding about your failure.

Think and analyze the reason for your failure.

Try once again and you are sure to succeed.

- Give yourself a pat on the back when you have done something

well. Do not be afraid to compliment yourself.

- Set realistic goals that are achievable, and you will meet with success. If you score 65% in your exams, aim for 75% in the next term and not for 90%. In fact this will help you perform better, as when you achieve your goal you will feel more confident in your abilities, and will

to outdo yourself the next time.

Fear

Janaki is a ten year old girl who is perpetually scared of darkness. Her elder brother has to get up even if she needs a sip of water or if she needs to visit the bathroom at night. Do you fear being alone even for a few minutes? Do you fear to go alone in a dark room? Do you have any such fear which paralyses your daily routine completely? Then this fear needs to be addressed.

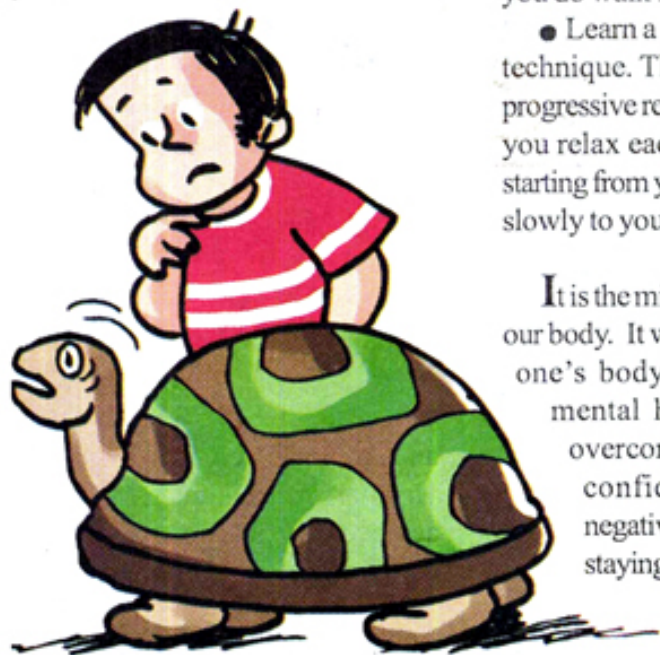
- Investigate and find the root cause of your fear. Ask yourself what part of the situation causes fear. Knowing the trigger of the anxiety can help you address it in a more effective manner.

- Deal with your irrational fears by talking to yourself and challenging yourself. Ask yourself what will be the



outcome if you eventually do go alone into a dark room without anyone. Jot down all the possibilities. This writing exercise will make you realize that it will definitely not be the end of the world if you do walk into the dark room.

- Learn a relaxation or meditation technique. The easiest method is the progressive relaxation technique where you relax each muscle of your body starting from your head and move down slowly to your toes.



It is the mind which is stronger than our body. It wields a lot of power over one's body. Hence focussing on mental health and learning to overcome fear, anger, low self confidence and other such negative emotions is vital. Enjoy staying healthy!

✉ The cover story "Plastic Panic" made interesting reading. While we can enumerate endless advantages of plastics it is very important that the Government finds a solution to the basic problem of lack of discipline in our Indian society. All Indians have an inborn tendency to keep their houses clean but litter the common places.

- Krutarth Vinod Dixit,
Std.VIII, R.H.

Kapadia New High School,
Ahmedabad

✉ I am a new reader of Gokulam and feel that it is the best magazine. I like Grandmaworm, Viewpoint and Gokulam Poster very much. I promise not to miss a single issue.

- C.Liston Fermi,
Std.VI, CMHSS,
Marthandam

✉ After reading about the experience of the students who visited Bharathan Publications, my love and craze for Gokulam has increased. I did not realize that there was so much work behind one magazine! I liked 'The World of Students' (December '09) by Poorna

Priya very much.

- Anupya Choudar
Std.VI, Hyderabad Publi
School, Hyderabad

✉ I thank Gokulam for helping me cultivate the habit of reading. The language corner "Eccentric English" (January 2010) was amazing. I am eagerly looking forward to the special issues of Gokulam.

- Kavitha.C
Std.XI, St.Joseph's
Cluny, Puducherry

✉ I have been a reader of Gokulam for the past two



Solemn Promise!

years. I think it is the best book for children. It is filled with interesting articles and facts.

- K.Sreevidya, Std.VIII, B
Memorial Institute, Kolkata

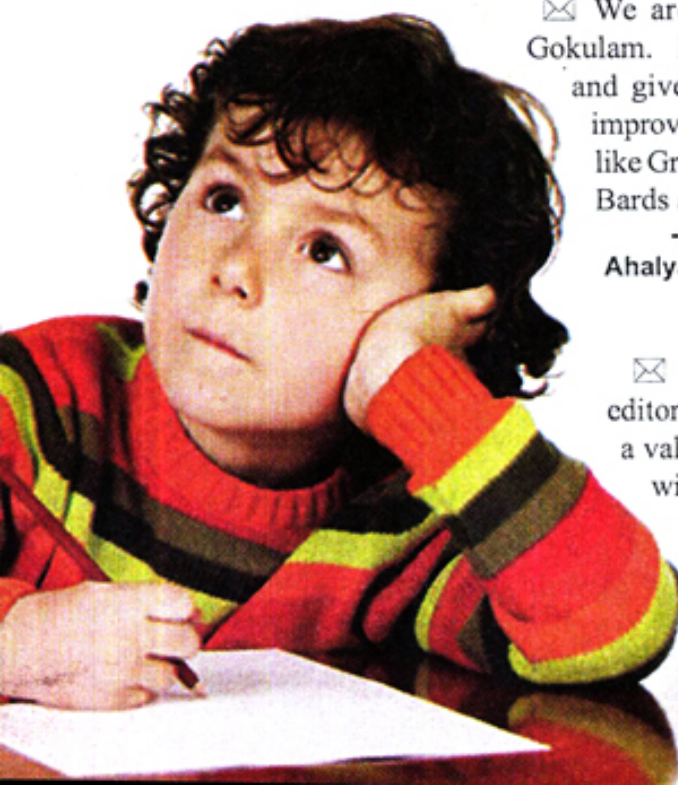
✉ The editorial 'A Monster known as E-waste' in the January 2010 issue was very

enlightening. Do we get participation certificates if our write-ups are published in Viewpoint and Budding Bard section?

- Rushab.R.Bhandari, Std.X,
Rotary High School, Ranebennur
(Dear Rushab, you will definitely get participation certificates if your articles are published in these two sections. Just ensure that you send us complete details. See page 57.

- Editor)

✉ I have been reading Gokulam for the past nine years. I find it to be very interesting and informative. Can you please



You to Us

publish an article about 'chemicals and acids'? Please do!



- Devika Nair, Std.VIII,
St.Theresa Convent High School,
Mumbai

(Dear Devika, Gokulam publishes articles that are informative as well as interesting to a majority of our readers. Why don't you write an article on chemicals and send it to us? If your contribution is well written and fact-filled, we will definitely publish it.

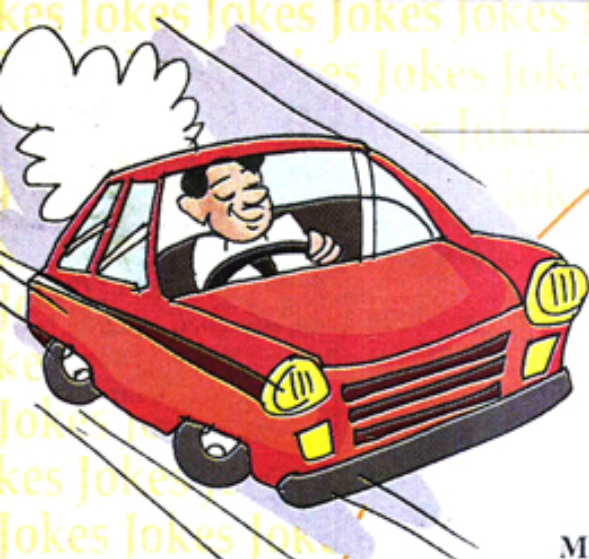
- Editor)

✉ We are regular readers of Gokulam. It is really wonderful and gives us knowledge and improves our vocabulary. We like Grandmaworm, Budding Bards and Viewpoint.

- Ananthakrishnan.R &
Ahalya.D.Nair, Std.VI, Sainik
School, Kerala

✉ I want to thank the editorial group for giving us a valuable magazine filled with interesting facts and experiences.

M.Nagarjun, Std.VIII,
Palaniammal MHSS,
Erode



Preethi : How is it that you live in a house surrounded by a river and yet you can't swim?

Priya : Well, you live in a house surrounded by air and yet you can't fly!

- Shreyans.S, Std.VIII,
Shalom International School,
Panchgani

Minnie : What will you do if you meet a fire breathing dragon?

Environmentalist : I will say "No Pollution"!

- Arun.R, Std.V, Poorna Learning Centre,
Bengalooru



Sonu : The clock fell off the wall in the classroom this morning. If it had fallen a moment sooner it would have hit our teacher.

Manoj : Drat that clock! As slow as ever!

- K.Sreevidya, Std.VIII,
B.D.Memorial Institute, Kolkata

Ram : What is a complete waste of time?

Sunder : Telling a bald man hair raising stories!

- J.Indhuja, Std.X, RSKHSS, Trichy



Rama : Why isn't a nose 12 inches long?

Anshu : Because if it were 12 inches long, it would be a foot!!

- Nishank.K.P, Std.VIII,
BG Road, Bengalooru

Policeman (to

the driver) : How did the accident occur?

Driver : I am sorry Sir. I really don't know as I was sleeping!

- B.Kailash, Std.X, Christ The King MHSS, Kumbakonam

Teacher : Atul, tell a sentence beginning with 'I'.

Atul : I is ...

Teacher : A sentence always begins with 'I am..' not 'I is..'

Atul : Ok, mam. I am the ninth letter of the alphabet.

- Poojaa Mukherjee, Std.VIII,
Loreto Day School,
Kolkata

Teacher : Give an example for the concept of 'expansion of heat'.

Rita : Our winter holidays are just for ten days while during summer our holidays expand to two months.

- Sanjana.M, Gulguli,
Shakti Colony, Hubli

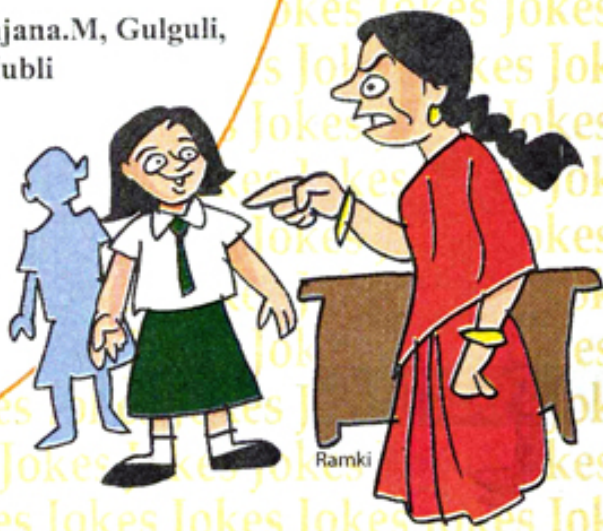
Teacher : Anu, why didn't you draw the picture of bacteria?

Anu : I have drawn the picture but it will be visible only under a microscope!

- R.Rathna Priyanga,
Std.V, Tuticorin

Jokes

FULL OF FUN!



Ramki

CHAPTER ONE

As Padmalakshmi alighted from the back-seat, she couldn't help gaping at the huge building. MISTY HEIGHTS, her new school! Just then a chaperone came by to inquire if she was a new comer.

"You will have to proceed to the East Tower," he signalled, starting to help with her luggage.

Padmalakshmi and her parents followed the chaperone towards the tower facing east, when she suddenly realized the enormity of the place she was going to live in. It was too huge in comparison to the little town school she had been to hitherto, and there were so many students moving all around, coming from across the country and abroad too. She felt a little scared and moved a bit closer to her parents.

At the entrance of the East Tower, they were met by Miss Patricia, the chief warden, a tall, skinny female with tight lips.

"Padma Lakshmi Venkataraman," she muttered. "Is that how you are always called or do you have a shorter version?" She looked sharply into the girl's eyes to give her



an extra little tremble.

"No, no, we don't believe in chopping names and mutilating their wonderful meanings," Mrs. Venkataraman came to her daughter's rescue at once. "We call her P.a.d.a.m.a.l.a.k.s.h.a.m.i., whole and sole, and Venkataraman is our family name, and deity too," she added in a sing-song manner.

"Hmm..fine, but I'm afraid many things will change when she is in our

GEETA CANPADEE



MISTY HEIGHTS

school and you should be ready for all that." The lady shook her head, as her long nose followed suit. "She needs to let go of her rigidities and strictly follow our rules and regulations."

"Oh, that she will, she is a very obedient and intelligent girl," Mrs. Venkataraman vouched once more,

together. Infact it was Harish who inspired us to send our Padmalakshmi to Misty..."

"Well, is that your suitcase?" the warden cut off the parroting lady abruptly.

"Yes, it is and we have two more bags," Mrs. Venkataraman butted in once more.

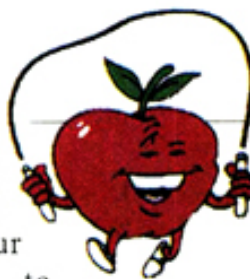
"But Madam, we can't take in so much for one child," the warden seemed firm. "Apart from the essentials we don't allow anything else."

"But there's nothing much, just some *murukkus* and pickles and *laddus* and *burfis* and *pedas* and and.....some of her favourite snacks to prevent her from falling homesick," and the concerned mother displayed a huge jute bag full of goodies.

"But I'm sorry Madam, we don't allow any outside food in here," Miss Patricia was beginning to lose her patience.

"Outside food? How dare you insult my home made food?" gaped Mrs. Venkataraman.

"Maybe you could allow her to keep just the *murukkus*



Serial Story

Mr. Venkataraman intervened. "She can crunch into them whenever she misses us."

"Fine, just this one time," Miss Patricia condescended. "Now, follow me to your daughter's room," and she tiptoed away on her pencil heels.

They had to climb a series of steps to reach the second floor where Padmalakshmi's room was located. There was a second cot all set ready to be occupied and the warden mentioned that it was for a girl from Kolkata.

"Oh" Mrs. Venkataraman sighed. "Can't she have a Tamilian instead, for a room-mate? You see..."

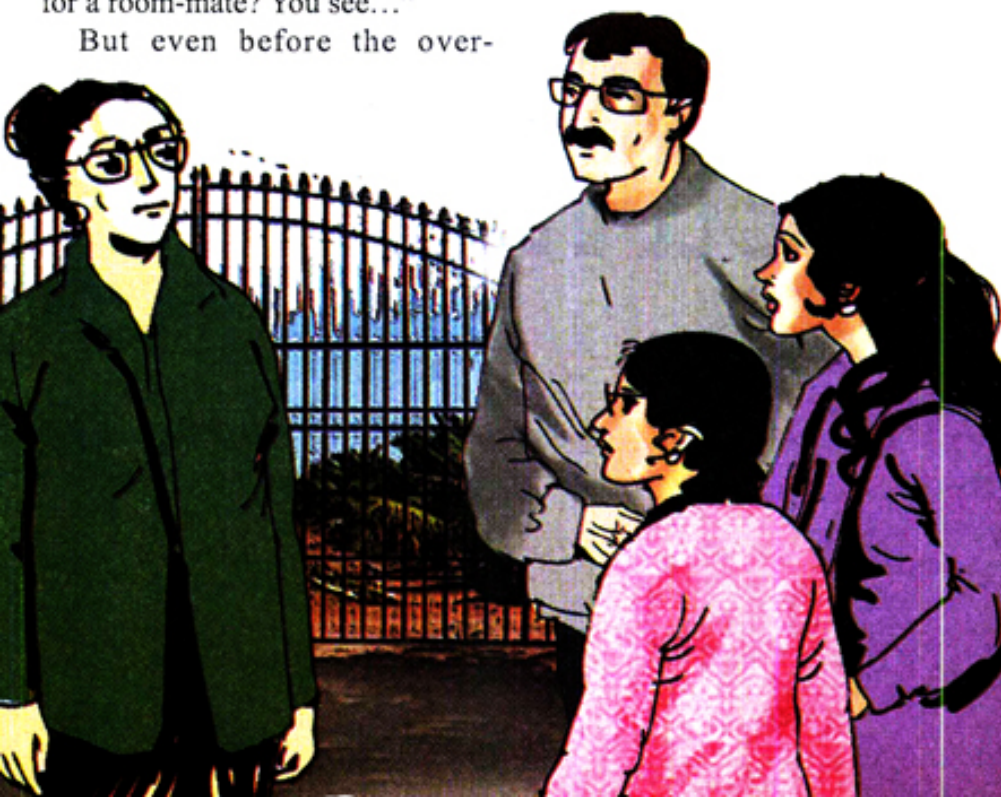
But even before the over-

protective mother could complete her statement, Miss Patricia marched out of the room.

"You have an hour to unpack, freshen up and come to the dining hall on the ground floor," she turned to Padmalakshmi from outside the corridor. "Supper will be served at 7.30 sharp, not a second late."

"I don't want to leave my girl in custody of such a snooty woman." Mrs. Venkataraman instantly came to a decision. "If things are going to be so strict and difficult, then maybe this is not the right place for her"

"Oh, come on, amma, don't jump to conclusions," Padmalakshmi





nodded her head. That was exactly what she didn't want her mother to do. "Harish is there anyway and I can approach him if there's a problem," she re-assured her mother. "I shall probably be meeting him after the assembly tomorrow."

The Venkatramans finally bid farewell, but only after seeing that their daughter was safe and

sound inside the dining hall.

Back in her room, as she was getting into her night clothes she heard a knock on the door. It was Miss Patricia once again, bringing in her room-mate, Maumita Banerjee from Kolkata.

"Hi, I'm Maumita," the pretty girl introduced herself once the warden had left. "But you can call me just Mau."

"Hi, I'm Padmalakshmi and...and you can call me.....well, I have never shortened my name."

"Well, maybe I'll call you either Padma or Lakshmi, you choose."

"Padma will be fine."

"Gorgeous! Give me a hi-fi on that." The connection was instantly made and Padma was glad to have someone as cheerful and unassuming

arbitrated for the first time that evening. "It's not even a day I've been here and we can't write off the place so quickly."

"She's right," her father backed her up. "This is how boarding schools are, regimental and highly disciplined."

Padmalakshmi could feel the emotional stress of her mother and hugged her. "I'll miss you amma," she said fondly. "But remember I so much wanted to be here and I'm sure I'm going to have a great time. Trust me, you'll be proud of your daughter one day."

"Well, OK," her mother cheered up. "But don't hesitate to call us whenever you are in any problem and we shall come running to you."

"Okay, okay," Padmalakshmi

as Maumita for a room-mate. She was very unlike her in many aspects but then didn't someone say opposites always attract?

Stroking her two long plaits and considering what to talk next, she asked,

"Well, did you have your dinner?"

"Yeah, on the way itself,"



Maumita patted her belly in jest. "Mom and dad kept on feeding me as though it was my last meal."

"Oh, are you their only child?" Padma was curious to know.

"Yep," Maumita puffed the tuft of hairs falling over her eyes.

"How about you?"

"An elder brother doing his first year at I.I.T."

"Gracious tremendous!" Maumita exclaimed. "You wanna follow suit?"

"No, don't think so. I've the least brain cells in the family."

"Superb!" Maumita voiced her approval. "Less brains - more fun, what say?" "Now tell me where do you hail from and what brings you here?" and she looked at her new friend with renewed interest.

"Well, I come from a very small town called Bennur," Padma started rather hesitantly. "A dusty, underdeveloped place with no proper roads, leave alone a good, decent school. So, to me this is nothing but paradise and I am atlast seeing myself as one of my fantasy characters."

"You mean a leaf right out of Blyton's classics?" Mau's eyes twinkled instantly. "Then we have something in common to chat the night away."

And as the two newcomers fell into an animated chatter, little did they know that not everything was going to be goody-goody at their new school. There were mischievous and crooked characters lurking at every corner of Misty Heights, waiting to cause trouble. But then tomorrow is another day. So, till then, Good Night and Sleep Tight.

(To be continued)

GOKULAM

THE Magazine for Children

The
'Must Read'
Magazine
for
Children



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February 2010 - Gokulam



If you think veggies and fruits are boring food, try these recipes. They'll excite your taste buds and simply change the way you look at food...

YUMMY VEGETABLE SALAD

Ingredients :

Cucumber – 1
Onion – 1
Carrot – 2
Capsicum – 1
Tomato – 2
Curd – 4 cups
Dhania leaves
Red Chilly powder – ½ tsp

Jal Jeera powder – ½ tsp

Chat Masala – ½ tsp

Salt

Method : Wash all the vegetables. Peel and dice cucumber



**Eat
Healthy**



and onion and grate the carrots. Cut the tomato and capsicum into small pieces. Take curd in a salad bowl and add salt, red chilly, jal jeera and chat masala powder to it. Now add the cut vegetables to the curd and mix well. Garnish with



Cook it Up!



coriander leaves. Your yummy and healthy salad is ready to eat.

- Ayesha Amrin, Std.VIII, DAV
Public School, Unit - 8,
Bhubaneswar

TASTY FRUIT SALAD

Ingredients:

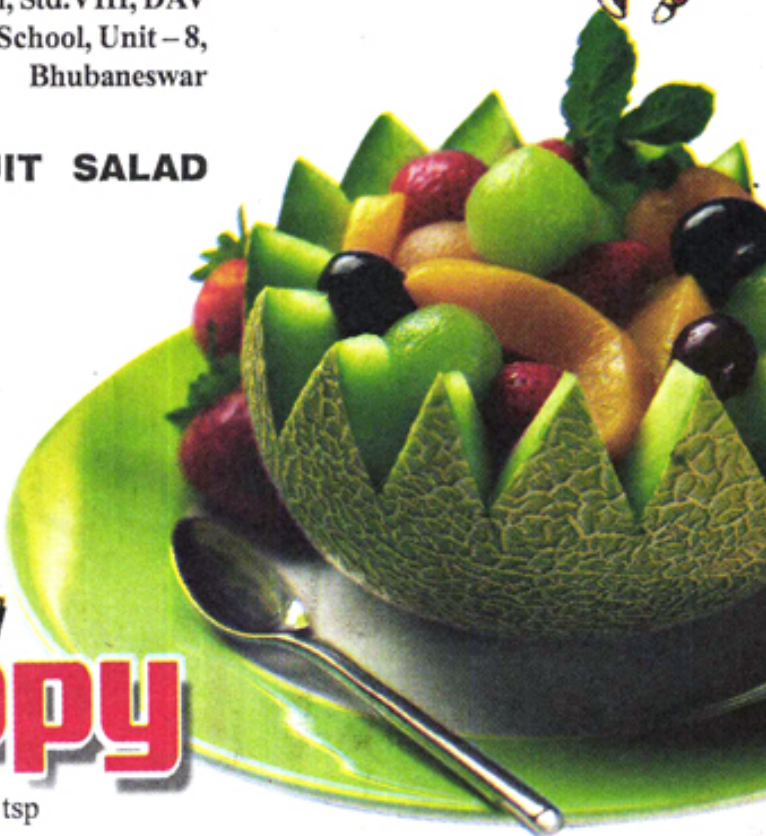
Apple - 1
Papaya - ½
Orange - 1
Banana - 1
Guava - 1
Orange Juice
- 1 small glass
Honey - 5 tsp

**Stay
Happy**

Chat Masala - 1 tsp

Method:

Wash and peel the fruits. Cut them into small cubes. Take a large bowl and add the fruits to it. Take a glass of orange juice and add it to the bowl of fruits. (You could buy a small tetra pack of orange juice available at all stores.) Now pour the honey on top of the fruits and add the chat masala and mix lightly.



Take care that the fruits don't get mashed while mixing. Keep the salad in the fridge for half-an-hour and serve cool. You could top the fruit salad with small pieces of almonds, walnuts, dates and raisins. Add a cherry on top for decoration.

- J.Vishnu, Std.XI,
Sunbeam MHSS, Vellore



Sandhya Nayak
Std. IV, Bethany High School, Bengalooru.



JUNIOR Gallery



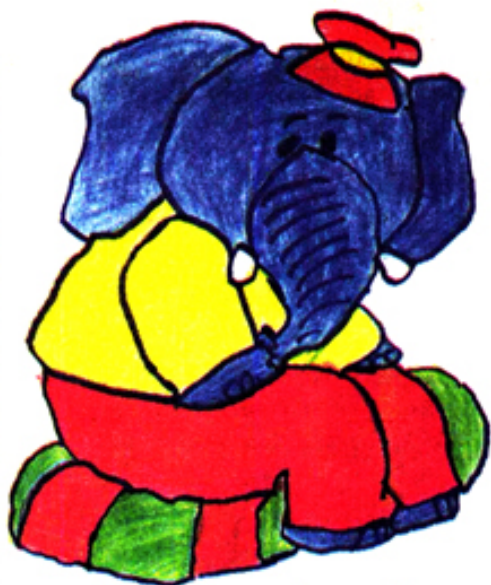
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R.Nivetha

Std. V, Sishya School, Hosur.



The word Yoga means 'to yoke' (in Sanskrit) - that is, to join, link or unite the body, mind and soul. Practicing yoga regularly unites all these three elements necessary to lead a healthy and happy life. Yoga originated in ancient India and was a part and

parcel of people's life for a number of centuries. The exercises are designed in yoga to keep our body young, dynamic and supple and our mind active.

All yoga postures combined with proper breathing techniques help the circulatory, endocrinal and nervous systems. Digestion and assimilation are stimulated as well as the elimination of toxins. The lymph system, our body's defence mechanism, is aided by yoga practise, to prevent various diseases and also accelerate the recovery process during illness. Regular practice will bring great benefits regardless of age or the physical condition one is in. A general feeling of well being, serenity and optimism pervades our body and mind. Spiritual well being also improves by practicing this ancient art form. In short one achieves the perfect psycho - physical balance.

There are hundreds of postures or '*asanas*' in yoga, each laying emphasis on a particular part of our



Incredible



Made in India

physical self. A few of them benefit the whole body and could be practiced by all of us.

Pranayama : Most of us are aware that *pranayama* is related to breathing. It regulates the intake and outflow of breath. A person who is content and happy has more *prana* or life inside. The more disturbed he is, his *prana* is dissipated and lost. Through *pranayama* we can regulate the flow of breath which in turn has a positive influence on our state of mind. *Prana* is power, and through proper breathing we can harness that power.

Surya-Namaskara : This exercise involves the whole body and invigorates it. It is salutation to the all powerful sun god and should be performed in the morning. The movements of this *asana* energize the whole body, loosen up joints and massage the internal organs and glands. It also improves our blood circulation and breathing.

Dhyana : It means



meditation or focussing our thoughts completely on any object or subject. *Dhyana* directs our concentration towards a single element – one sound, one word, one particular image or even one's breath. This fills our mind with a feeling of calm and peace. The mind does not worry unnecessarily, get diverted or depressed. And when our mind is at peace, we are able to perform better in all spheres of life.

It is essential to consult a proper trainer to learn these exercises. Learn them properly and practice them regularly for a happy, healthy and great life.

- Divya Das,
Std.XI, Vivekananda
Kendra Vidyalaya,
Port Blair

 **'Yoga'**

Riddles



mouth but cannot speak.

- Adaikkappan Narayanan,
Std.IX, DPS, Bengalooru



7. They come at night without being called and are lost during day without being stolen.

STUMPED!

1. What falls in the water but never gets wet?

2. King or commoner, all bow before this person. Who is he?

3. You throw it when you want to use it but keep it safely when you do not use it.

- Akshay.J.Bhattad,
Std.VIII, DAV Public School, Wadi

4. What goes zzub -- zzub?

5. Why do birds fly south in the winter?

6. It has a bed but does not sleep; it has a

8. You cannot keep it until you have given it to somebody.

9. Take off its skin and it won't cry, but you will!

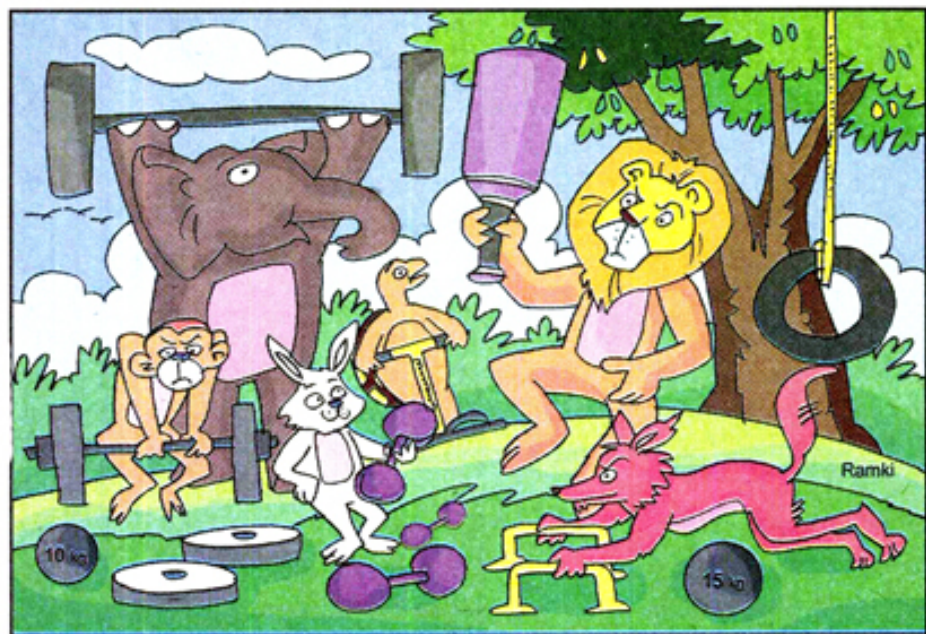
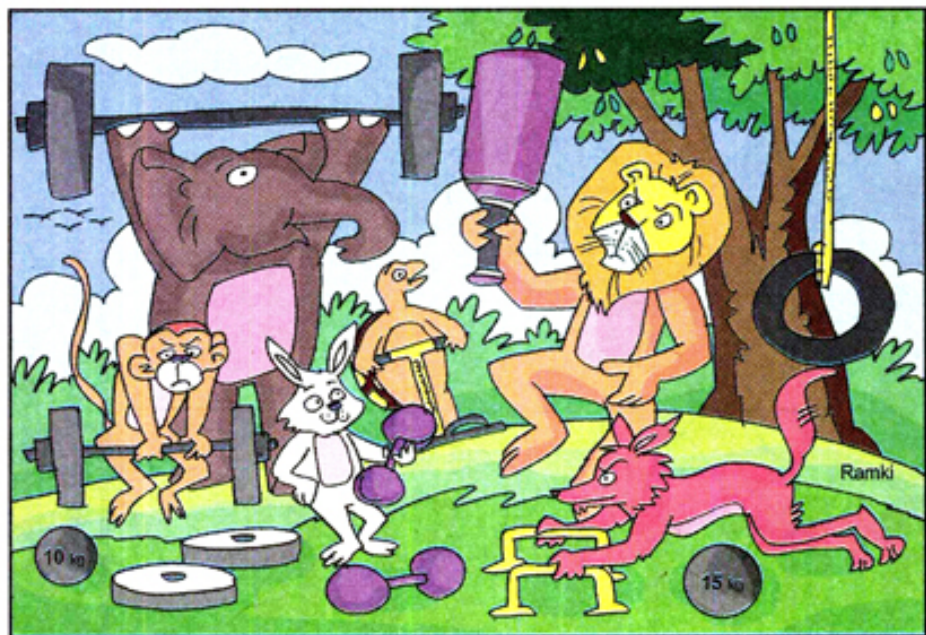
10. You answer it though it never asks you questions.

- Ashmita Raju,
Std.VI,
National Public School,
Bengalooru



Answers : 1.Sun's rays
2.Barber 3.An anchor 4.A
bee flying backwards;
5.It's too far to walk!
6.A river 7.Stars 8.A
promise! 9.Onion
10.Telephone

Find the Differences



Answers : 1. Dumbbell 2. Monkey's tail 3. Lion's whiskers 4. Weights 5. Birds



south of Bengalooru. It was announced that two cadets from each category would receive a prize. We reached our destination in about forty five minutes and we were all given refreshing

RUN for FUN

On the eve of the 61st anniversary of the National Cadet Corps (NCC), the Karnataka Battalion had organized a 'Run for Fun' event as a part of the celebration. Many schools and colleges were invited to join the event and our school was one of them. We were divided into groups based on our age. We all had to run for about 3.3 kms around the Ulsoor lake located in the

drinks and snacks. Though I did not win the prize it was a new and exciting experience. It was the first time that I had ever run such a long distance. I am thankful to NCC for having organized this wonderful event where we could test our physical strength and stamina.

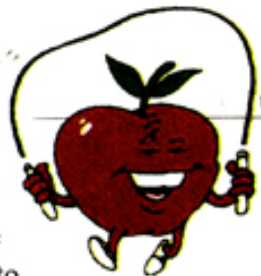
- Chandanashree.V.C, Std.IX, SKCH
(State), Bengalooru



Room in Flames

This happened last year, an incident which I will remember throughout my life. My sister

Experience



and I were writing our homework in our room when there was a power cut. I lighted a candle on my desk and we continued with our work. I was so

caught fire immediately. I tried to put it out but as the dustbin was a plastic one the fire spread rapidly. I rushed to my mom who brought water in a huge bucket and doused the fire. After checking that the fire was completely put out, my mother scolded me for my carelessness which could have resulted in a major catastrophe. I apologized to her and promised that I would be very careful while handling candles and other inflammable items in future.

- Aparna.S, StdVIII, Holy Angels ISC School, Nanthencode, Kerala

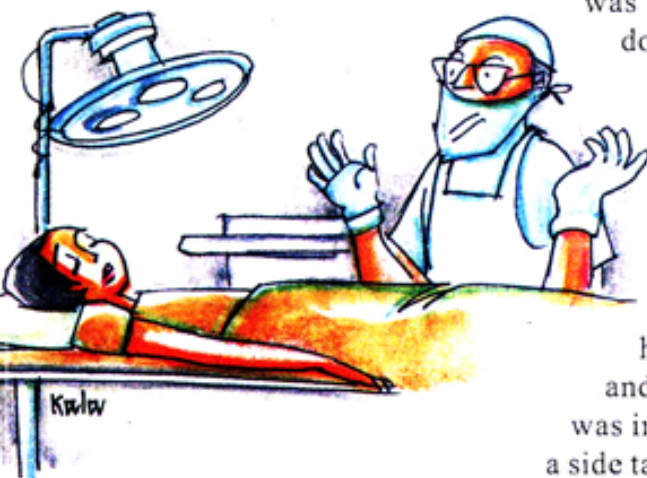
'Mock' Parliament

Our school recently organized a mock 'Youth Parliament'. This programme was mainly conducted to create awareness among the students about the functioning of parliament in India and the

engrossed in my studies that I did not notice the candle and hit my hand against it accidentally. The candle fell into the dustbin beside the study desk. It was full of papers and



rules and regulations followed by the party members. Three schools participated in the event. Each school had its own ruling party and opposition as well as a speaker and office bearers. All of us discussed about the current issues and there were heated arguments between the ruling and the opposition parties! The



students enjoyed playing their varied roles and I was happy that I got to participate in the mock parliament session. Some of the students who performed well were selected to represent the Hyderabad region at the nationals. I really had a great time!

- Jyothsna Rengarajan,
Std.XI, KV-1,
Hyderabad

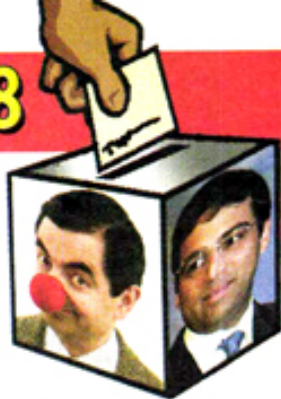
Operation 'Accident'

Due to a leg injury I had to undergo an operation in both my legs. My operation was scheduled for 1 pm. From the morning I had to remain on empty stomach. Around 12.30 pm I was made to wear the hospital gown and was wheeled to the operation theatre. There I was given anesthesia and the doctors were waiting for the drug to take effect on me before they could start the operation. Suddenly there was a loud commotion and a small girl was brought inside the theatre. She had met with an accident and was covered in blood. I

was immediately transferred to a side table and the doctors began to operate on her. Though there was a screen in between us yet it was very scary as I could hear the doctors and nurses speaking to one another about the girl's condition. Soon I drifted into unconsciousness and was operated upon. Though I am fully recovered now, I can never forget those tense moments inside the operation theatre.

- Ankita Panda, Std.XII,
Bhubaneswar

Vote for your Poster-8



Dear Children, it is the grand old dame of music who has won this time, very closely followed by 'the wall' Rahul Dravid. The incomparable and versatile Lata Mangeshkar has lent her voice to over four generations of heroines, indeed a record performance. This 80 year old melody queen is the recipient of Bharat Ratna and has also featured in the Guinness Book of World Records for having made the most recordings in the world, a whopping 25,000 songs!! Tremendous accomplishment and also a great source of inspiration to all of us. Lataji will be on your Gokulam poster for March.

Listed below are 5 names of readers who gave the best reason for voting Lata Mangeshkar: 1) Kishorimohan Das, Std.VII, Nehru High School, Hooghly 2) Shilpa Menon, Std.VIII, Bishop Moore Vidyapith, Alappuzha, Kerala 3) N.Pallavi, Std.VII, DAV Public School, Hyderabad 4) S.Padmaja, Std.VII, Shri B.S.Mootha Girls Sr. Sec. School, Chennai 5) Kareena Dhond, Std.VII, IES Chandrakant Patkar Vidyalay, Thane, Maharashtra

Now vote for your May issue Poster!

- Five entries that detail the best reasons will get a reward of Rs 50/- each.
- Last date for receipt of entries: 25.02.2010. ● Editors decision is final.

My vote goes to -

Viswanathan Anand

☐

Mr.Bean

☐

Usain Bolt

☐

Ferrari

☐

Because.....

.....

Name :

Age :

Class :

School :

* Residential Address :

.....Pin

Signature :

* Local address is a must for overseas entries.

The Editor, Gokulam, Kalki Buildings,

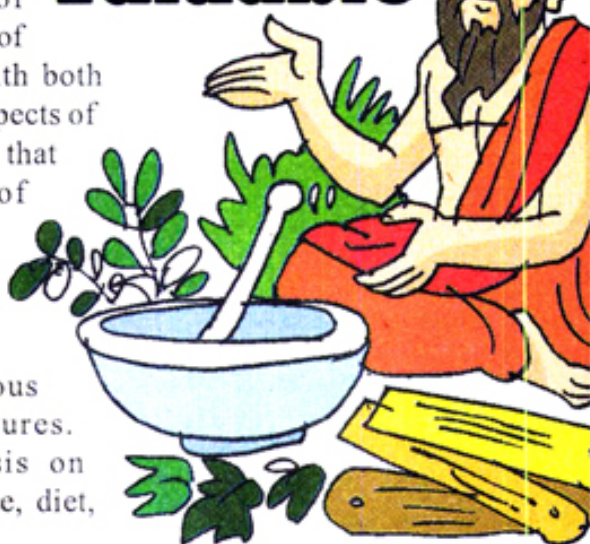
47-NP, Jawaharlal Nehru Road, Ekkaduthangal, Chennai - 600 032.

February 2010 GOKULAM 29

A

ayurveda is one of the oldest branches of medicine which deals with both preventive and curative aspects of ill health. It is believed that Ayurveda is a branch of *Atharvaveda*, one of the four Vedas. *Charaka Samhita* is the oldest known book providing information about various diseases and their cures. Ayurveda lays emphasis on personal hygiene, exercise, diet,

Valuable



herbs and massages to cure illnesses.

- Aashik Narayan Mukhasale,
Std.VI, Jindal Vidya Mandir,
Bellary

A pigeon was awarded a medal in the First World War for carrying vital messages through gunfire in France.

The shortest war was fought between Britain and Zanzibar in 1896 in which the latter surrendered within 40 minutes!!

- S.Manikandan,
Std.XI, St.John's MHSS,
Chennai

Ancient Egyptians made ink by squashing and crushing beetles!

- N.Shweta, Std.X,
TVSMHSS, Madurai

BEVERAGE!

Tea leaves were considered to be very valuable and were used as money in China, Tibet, Mongolia and Central Asia for a number of centuries.

The heaviest coin of all times was the 17th century Swedish krona which weighed over 20 kg!

- Shivaprakash.S, Std.VII,
Atomic Energy Central
School, Tirunelveli

The first telephone book was just a page long and had around 50 names in it.

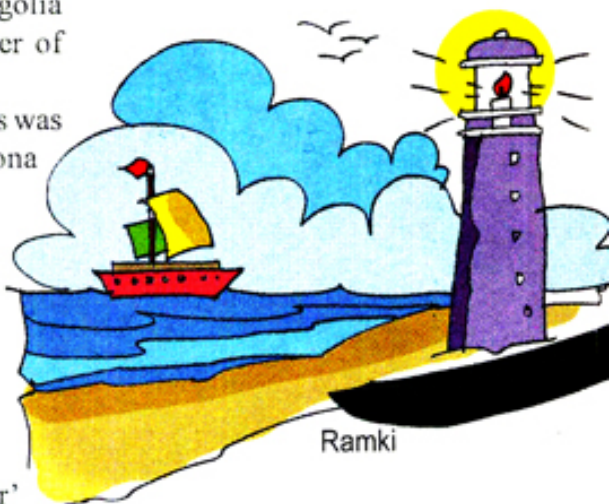
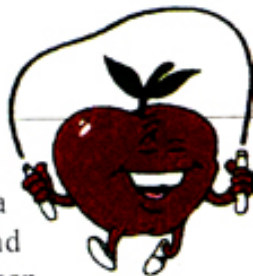
A baby eel is called an 'elver' and a young oyster is called 'spat'.

- C.S.M.Vevetha, Std.IX,
DAV School, Ranipet



Fact Zone

The world's oldest encyclopaedia was compiled and published in between



77 – 79 AD by the Roman Scholar Pliny the Elder. It is called 'The Natural History' and has 37 volumes.

The world's first stone lighthouse was lit by 24 candles!!

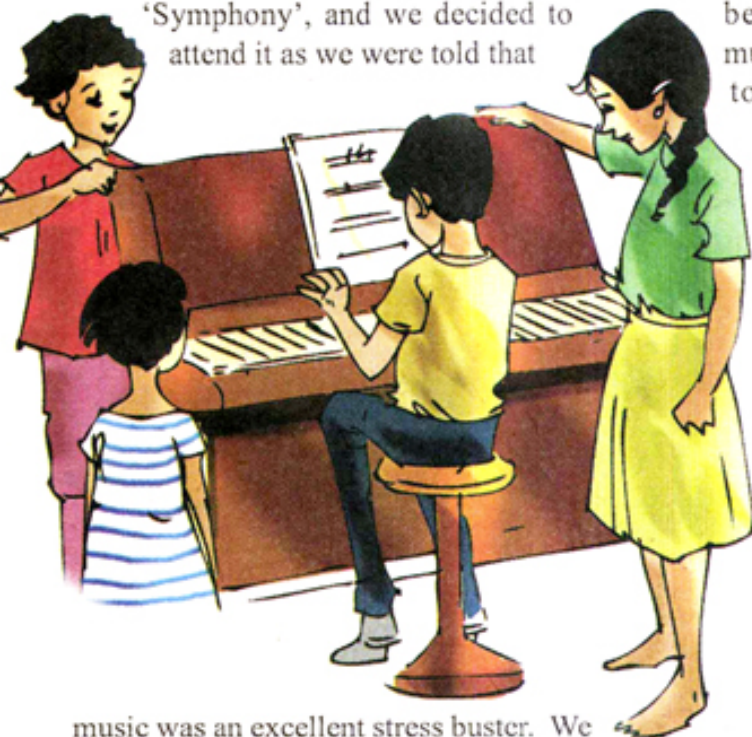
- G.P.Mahitha, Std.VIII,
KV-Ashok Nagar,
Chennai

There are more than 100 different chemicals in a single cup of coffee.

- A.Vandana,
Std.XI, DTEASSS,
New Delhi

Just a few months before my board exams, I attended a music therapy session along with my friends. The session was conducted by 'Symphony', and we decided to attend it as we were told that

when a person listened to classical music. In addition to all these benefits, learning music also contributed towards combating boredom. It also has



music was an excellent stress buster. We were also informed that music would enhance our memory power and improve our concentration. It was truly a magical experience. I was thrilled to learn how music affects our moods and performances. I also learnt that music can help build our social skills and also contribute towards development of qualities like forgiveness, patience, empathy and art of appreciation. Wide research has shown that spatial reasoning (the ability to visualize and complete certain intricate tasks within the stipulated timeframe) is developed



the ability to make us forget both our physical as well as mental pain

Music Therapy



and keep us cheerful. The session was indeed a refreshing change from my daily routine.

Back home, I took out my brother's casio and started practising the notes. Initially it was quite tough but later as I learnt the basics I discovered a whole new world. With patience and dedication I developed the ability to sing, create and compose my

I realised that Learning music was real fun! It kept me occupied and focussed. It was an extremely fulfilling experience. Everyone can learn music. Music has a universal language and anyone can indulge in it without any restrictions. There are no rules and regulations for learning music. I realized that not just learning but listening to music also offered great benefits to all of us. Though our taste in music may vary yet our goals are achieved by regularly listening to good music.

Here's a summary of the benefits of music:

- Enhances multiple intelligence

Sound of MUSIC



- Builds social and emotional skills
- Stimulates creativity, optimizes brain development
- Strengthens, heals and enriches us.

own music. Today life without music is incomplete for me.

You could add more to this list from your experiences!

- Meenakshi.G, Std.X,
JB Khot High School, Mumbai

Name: P.Abaya

Age: 17

Address: F3, Shanthi Towers, 133, Luz Church Road, Mylapore, Chennai - 600004

Hobbies: Playing with my brother, reading Harry Potter novels and drawing.

Name: Meming Nuna Wagey

Age: 14

Address: VKV, Nivedita Vihar, Seijosa, East Kameng, Arunachal Pradesh - 790103

Hobbies: Chatting with friends, listening to music, watching movies and football matches, playing volleyball.

Name: Smrithi

Age: 11

Address: 36, 2nd cross, Chikkabanaswadi Road, Bengaluru - 560033

Hobbies: Singing, dancing, listening to music, surfing the net and reading books.

Name: B.Durga Sharma

Age: 12

Address: 28 Ponniammam Koil Street, Puzhuthivakkam, Chennai - 600091

Hobbies: Reading books, stamp collection, playing computer games, listening to music, watching TV, drawing and singing.

Name: B.Gayathri

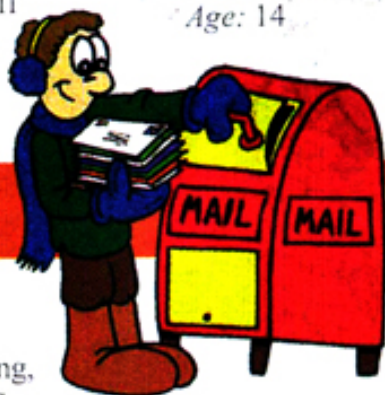
Age: 15

Address: No.198, Block - 11, Sector 2, New Shimla, Himachal Pradesh - 171009

Hobbies: Painting, chatting with friends, surfing the internet, listening to music and making new friends.

Name: Deepak.R.Arakeri

Age: 14



Address: 4052, Wodeyar Sainik School, Bijapur, Karnataka - 586102

Hobbies: Swimming, horse riding, playing cricket, football, volleyball, reading novels and making penfriends.

Hi-Five



Name: G.Raga

Age: 12

Address: Qno.32, Type 3, CCMB Quarters, HMT Nagar, Habsiguda, Hyderabad,

TVS, Coimbatore - 43

Hobbies: Painting, reading stories, listening to music, watching T.V.

Name: S.Sadhana

Age: 9

Address: 42 E, Kattabomman Street, VK Garden, Velandipalayam, Coimbatore, Tamilnadu - 641025

Hobbies: Dancing, singing, listening to songs and collecting coins.

Name: Bowin Raja Jamoh

Age: 15

Address: Sainik School, PO Box No.21, Pangie Road, Manipur - 795001

Hobbies: Playing football, reading novels, listening to music.

Name: J.G.Archana Devi

Age: 15

Address: 185, Kallappa Layout, Konena Agrahara, HAL Post, Bengalooru - 560017

Hobbies: Reading adventure and mystery novels, collecting coins, gardening, collecting facts and snippets on science, making friends.



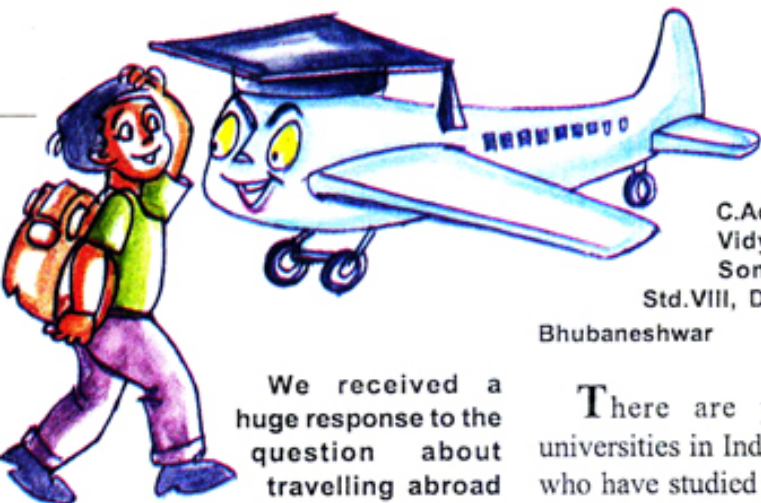
friendly...

Hobbies: Skating, cycling, playing basketball, football, netball, surfing the net, playing guitar, climbing trees, writing stories and poems.

Name: H.Shilpa

Age: 12

Address: 1122, MTP Road, Opp to



C.Adikeshav, Std.X, Vels
Vidyashram, Chennai;
Sonia Samantaray

Std.VIII, DAV Public School,

Bhubaneswar

We received a huge response to the question about travelling abroad for further studies.

The majority have given a thumbs up to the Indian education and have expressed their desire to continue their studies in India. On the other hand, a number of children have said that they would grab an opportunity to study abroad but have also promised to come back to serve their motherland. Whatever the case maybe, we are confident that Indian students are the best among the best in the world and will definitely contribute towards the development of our earth and mankind.

India does not lack in anything. Our country is fully capable of producing world class students and equipping them with latest technological knowledge. So it is better to study in India.

- S.Suriya Kumar, Std.VI, SBOA MHSS, Madurai; A.Sanjanah, Std.VIII, Kola Saraswathy Vaishnav Sr. Sec. School, Chennai; Rashmi.K, Std.VIII, Nuthan High School, Chikamagalur;

There are plenty of good universities in India. Many students who have studied here have become great scientists and scholars, and are working in top companies of the world. Foreigners choose Indians



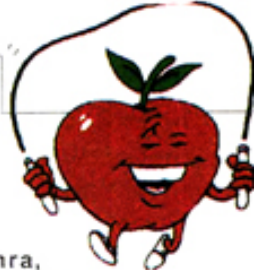
IIT

* IIT - Indian Institute
of Technology

because of their educational qualification, technical knowledge and skills. Three cheers to Indian education!!

- G.R.Swathi, Std.VI, St.Joseph's Matric School, Sathyamangalam; Parasar Lenka, Std.XII, GN Khalsa College, Mumbai; Balaji Venkatesan, Std.VI, Model English School, Mumbai; R.Prashant, Std.XI, Deepika English Medium School, Rourkela; P.A Veda

View Point



Varsha, Std.VIII, Yashasvi International School, Bengalooru; V.J.Priscilla Nishi, Std.IX, LOVE School, Salem; Sai Bhavadharini, Std.VIII, Sai MHSS, Chennai

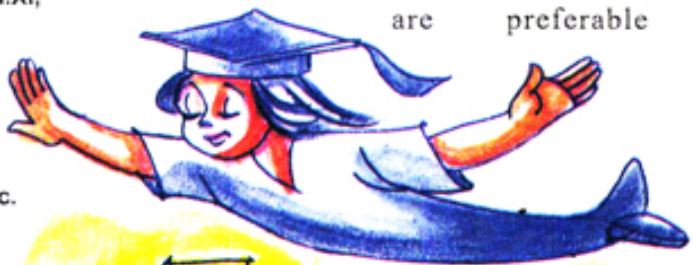
We love our motherland and it is our duty to study and work here. East or West, India is the Best!

- Ranu Soha, Std.VI, Nibedita High School, Hooghly; R.Kirthika, Std.VII, Vivekananda Kendra Vidyalaya, Port Blair; R.Pradeep, Std.XI, Sunbeam MHSS, Vellore; G.Shrividya, Std.VIII, KV 1, Puducherry; Suhasini Ramani, Std.VI, GD Birla Centre for Education, Kolkata; S.Ranjith, Std.VIII, St.John's Sr. Sec.

respect to their elders and teachers!

- V.Shangamithra, Std.XI, Arokiamatha MHSS, Pollachi; Rohit Srivastav, Std.VI, Birla Public School, Chennai; Anju Asokan, Std.VII, Chinmaya Vidyalaya, Coimbatore; Adaikappan Narayanan, Std.IX, DPS, Bengalooru; Mansi Vinod Dixit, Std.X, RH Kapadia New High School, Ahmedabad

Higher studies in India are preferable



WIT?

* MIT: Massachusetts Institute of Technology

School, Chennai; P.Shyamilee, Std.IX, Arokiamatha MHSS, Trichy; R.Sanjayitha, Std.V, Delhi Public School, Faridabad; Prakash Ravichandran, Std.VII, DAV Public School, Navi Mumbai; Aashik Narayan, Std.VI, Jindal Vidya Mandir, Bellary

Education may be better in developed countries but students of our country are well behaved, disciplined and give the utmost

because we can be near our parents, friends and relatives.

- Shrenik Sanaki, Std.VI, Shalom International, Panchgani; Kavitha.G, Std.XI, St.Joseph of Cluny, Puducherry; Rushab.R.Bhandari, Std.X, Rotary High School, Ranebennur; S.Narendran, Std.VII, Ida Scudder School, Vellore; S.Andalsubbulaxmi, Std.IX, Mahatma (BABA), Madurai; Ankita Chaterjee, Std.XI, BSRKV, Secunderabad

Indians spend a whopping

February 2010 GOKULAM **37**

Rs.60,000 crores for studying abroad! If this staggering amount is used within the country, we will all be benefited. After all, Nalanda was the centre of the world's first university.

- S.Mohammed Sameer, Std.IX, Velammal, Chennai; N.M.Srinath, Std.VIII, Chennai; Ashwathi Menon, Std.VI, Atomic Energy School, Mumbai; Sudarshan Gopal, Std.VI, Apeejay School, New Delhi



The IIT's and IIM's are among the best in the world. It is every Indian's dream to secure admission in these premier institutions!

- H.R.Ananya, Std.VII, Sri Ramakrishna Vidya Niketan, Shimoga; Aishwarya.A, Std.IX, St.Joseph's Convent, Coonoor

There is nothing wrong in studying abroad but settling in a

foreign land is not correct. Using our brain for the development of foreign countries is a crime. The country where we work will gain more from us than the country where we study!

- P.Himaya, Sri Akilandeshwari Vidhyalaya, Trichy; Karishma Rajesh, Std.VI, St.Joseph's Convent, Pune; S.Gurudarshaan, Std.V, Sree Narayana Mission Hr. Sec. School, Chennai; Nymisha Dhavani, Std.VI, Bethany High School, Bengalooru; G.N.Kavya, Std.VII, Shrishti Vidyashram, Vellore; Vignesh.K, Std.VIII, Vasavi Vidyalaya, Coimbatore; R.Singaravelan, Std.XII, TVA School, Tanjavur; Umaira Khan, Std.XI, SV PUC, Udupi; Rahul Anand, Std.V, Bharathiya Vidhya Bhavan, Coimbatore; R.Ranjani, Std.VI, PSBB School, Chennai; K.Krishna Prabha, Std.VII, KV, Chennai;

Innocent Indian students are attacked, teased, bullied and even murdered. Today, Indians in Australia are studying amidst a daily threat to their lives. When will this craze for foreign education stop?

- K.V.Prithvi Sudan, Std.XII, Yuva Bharathi Public School, Coimbatore; T.M.Nandita, Std.XI, St.Mary's Junior College, Navi Mumbai; S.Rajeswari, Std.VIII, KV 1, Puducherry; S.Gohula Sundar, Std.X, TNPL MHS School, Karur

It is not the country but the university and the course that matters. "Education is better

abroad" is a general statement. There are many mediocre universities in the US too.

- Vijitha Gunta, Std.VII, Bishop Cotton Girls School, Bengalooru; Ammar Ali Kolkar, Std.VII, Touheed English Medium School, Gangolli; Atreya.G.Krishna, Std.VIII, Canara High School, Mangalore

Many of our bright students are forced to go abroad because of the discriminatory practices of the government. Merit should be the sole criteria for admission, not religion, caste, creed or class!

- Sumana Aich, Std.VIII, Gandhi Girl's High School; C.Sai Sudharshan, Std.IX, PS Sr. Sec. School, Chennai; Shiva Prakash, Std.VII, Atomic Energy Central School, Tirunelveli

Having been cooped up in a class since childhood, where rote learning is the norm, rebukes are a part and parcel of student life, and corporal punishments are routine; where analyzing subjects indepth,

and extra curricular activities are considered a waste of time, student life is indeed miserable. So given a chance, we need to fly abroad!

- S.Bindu, Std.XI, Sri Chaitanya Junior Kalasala, Hyderabad

Studies abroad are technically oriented while it is theoretical in India. It would also be a good opportunity to mingle with students from other cultures.

- Subramanian Narayanan, Std.IV, DPS, Bengalooru; B.Mrinalinini, Std.XI, Vikaasa School, Madurai; R.Ashwath, Std.VII, SBOA MHSS, Coimbatore; V.Sriram, Std.X, MES Kishora Kendra, Bengalooru; Arun.S.Bhat, Std.IX, The Oxford Sr. Sec. School, Bengalooru;

Even national leaders like Nehru and Gandhi have studied and worked abroad. If given a chance to study in foreign universities, we should not miss it!

- Nandana.B, Std.VI, Holy Angels ISC School, Tiruvananthapuram

QUESTION FOR THE MONTH :

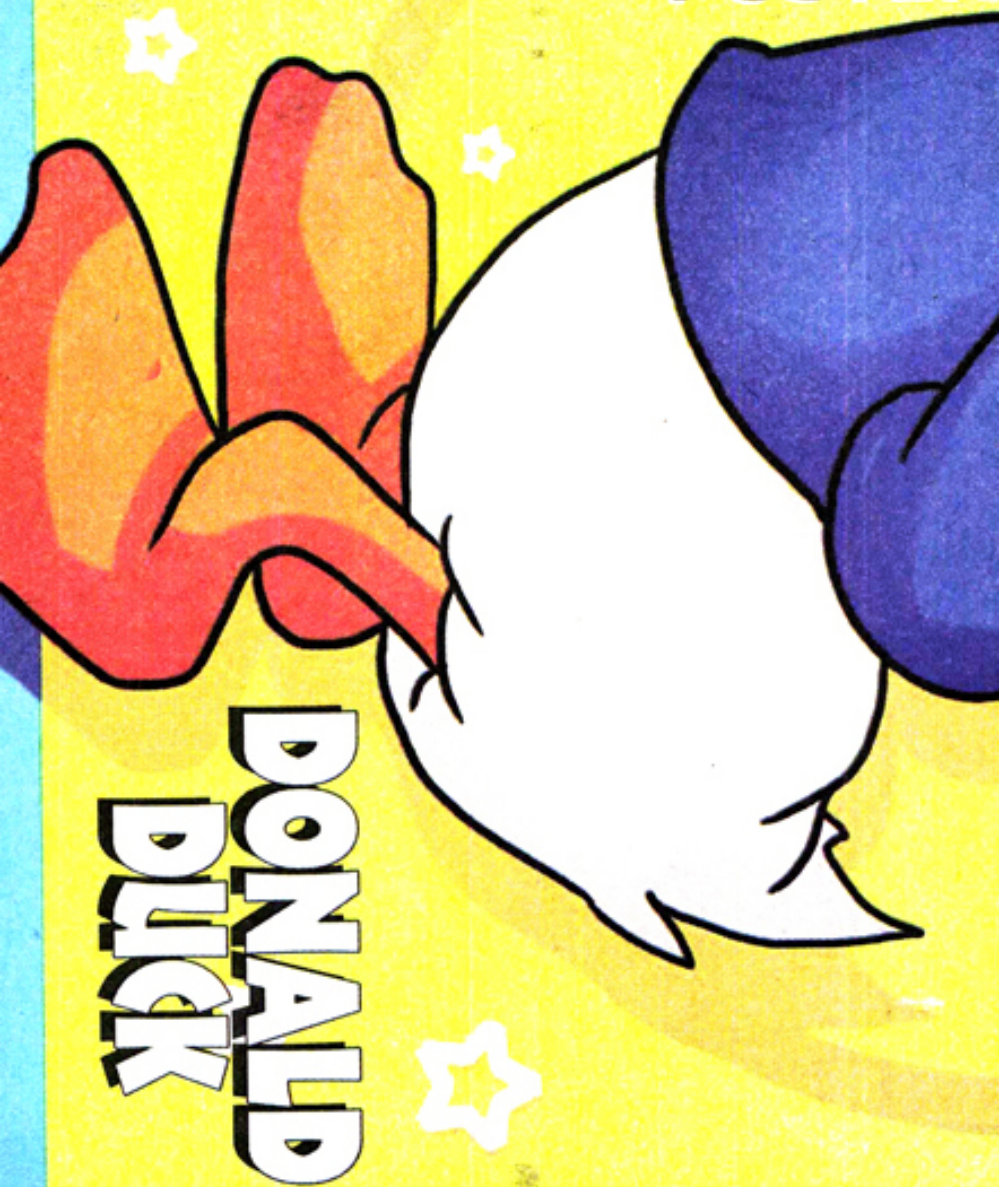
In the light of innumerable UFO sightings, do you believe life exists on other planets/ galaxies?

Send us your views by 25.02.2010. Each published entry will receive a prize of Rs. 25/-. Remember to include details of your age, class, school and residential address. Those of you who are non-residents of India should send us a local (Indian) address too. You can send entries by post or by e-mail (gokulam@kalkiweekly.com).



GOKULAM

POSTER





All about Bananas

- They are rich in Vitamin B and C
- They are low in salt and reduce the risk of blood pressure and are also cholesterol free
- They provide high dose of energy levels
- They are easily digestible, even by small babies
- They are cheap and easily available throughout the year

● They boost our mood and relax the mind

- G.Sailakshmi, Std.XI,
Sri Sarada MHSS,
Tirunelveli



Know about Them

Coconut: Tender coconut water is a highly nutritious drink in addition to being tasty. This liquid contains sugar, fibre, antioxidants and minerals. It is also known for its antifungal and antibacterial benefits. Infact, coconut water has more electrolytes than a sport drink!

Cherries: They are good source of vitamins and also lower cholesterol and blood inflammation levels. Regular consumption of this tasty fruit also reduces accumulation of fat.

Corn: It has very less fat and is high in fibre content. Corn is also effective in preventing dryness and aging of skin since it has lots of lecithin and vitamin E.

Tips for Good Health

Health is Wealth! It is our duty to take care of our health. Given below are a few tips to lead a healthy and happy life.

- Eat a balanced diet containing all minerals, vitamins, proteins, fat and carbohydrates

- Eat at regular intervals. Do not over eat or stuff your stomach with junk food



Health Tips



Apple: An apple a day keeps the doctor away.

This universally loved fruit helps in weight loss, lowers cholesterol and prevents heart diseases. It has been found that eating apples regularly helps prevent lung cancer. They are also powerful antioxidants.

Grapes: Rich in Vitamin A, C and B6, grapes are very powerful antioxidants and are good for people suffering from respiratory and heart problems.

Orange: Juicy and sweet, this attractively coloured fruit is one of the highest sources of vitamin C. An infusion of the orange fruit is said to ease headache and lower fever.

- M.Swarnalakshmi, Std.XII, Jawahar Hr.Sec. School, Chennai

- Do not eat out too often. Be careful when you eat at roadside eateries
- Follow a healthy lifestyle. Do not over work or over eat. Take adequate rest
- Drink eight glasses of clean water daily
- Maintain physical hygiene

- V.S.Akshay Bhardwaj,
Std.VIII, Jaigopal
Garodia Hindu Vidyalaya
MHSS, Chennai





Baby Elephant

litres of milk.

- G.Hari

Priya, Std.VIII,

NSN MHSS,

Chennai



'Thorny' PORCUPINE

An adult porcupine has about 30,000 quills on its body. They fall and grow anew each year.

- V.Sneha, Std.XI,

Sunbeam HSS, Vellore

The smallest owl in the world is the elf owl. It is about 14 cms long and weighs around 40 gms. This bird is found mainly in south west USA and Mexico.

- Anjana Gayathri, Std.VII,
PSBB School, Chennai

An adult elephant can drink over 200 lts of milk per day while a baby elephant can consume more than 80



Otter

Neem trees are considered as natural air purifiers. Their seeds contain an essential oil called margosa oil. Their dried leaves act as natural insecticides. Neem is also very useful in curing diabetes,



leprosy and skin infections.

- R.Subash Chandra Bose,
Std.X, Trichy

Otter is an aquatic fish eating



Porcupine



The 'Neem'



**Praying
Mantis**



Bottle-nose Dolphin

mammal that causes no splash when it plunges into water.

The praying mantis is the only insect that can rotate its head 360 degrees.

- Verina Berryl Rasquinha,
Std.X, St.Agnes Girls' High
School, Mangalore

The blue whale is the largest mammal in the world. A fully grown adult weighs around 160 tons. A new born blue whale is the size of an elephant and weighs around 20 tons!

- Kavya Bharat, Sishya
School, Chennai

Bottle-nose dolphins are mainly found in the temperate and tropical waters of the Atlantic Ocean like Hawaii and Florida. They emit a wide range of sound from a nasal sac on their forehead.

- Bhanumathi.V.V, Std.VII,
The Hindu Sr.Sec.School,
Chennai

Snakes smell and taste with their tongues!

- A.S.Vijai Anand, Std.VIII,
Don Bosco MHSS, Katpadi



My friend **Aarthy** is celebrating her 17th birthday on the 27th of February. I wish my friend many more happy returns of the day and joy and luck throughout her



• **Darshini**

life. Best wishes for the upcoming board exams.

Best Wishes from **C.K.Thivia**

My cousin brother **S.Maheshwaran** is celebrating his 14th birthday on the 6th of February. We wish him a happy and prosperous year ahead.

Best Wishes from **Veda Uncle, Viji Aunty, Sister Keerthana and Sanjana**

My sister **Darshini Raghuram** is celebrating her 12th birthday on the 26th of February. We wish her a happy birthday.

Best Wishes from **family and friends**

Yash is celebrating his 5th birthday on the 24th of February. We wish him good health, happiness, prosperity and a very bright future.

Have a 'Healthy



• **Yash**

May god shower his blessings on our dear Yash! Happy



• **Devika**

birthday to you!
Best Wishes from **Dad, mom and brother Sohan**

Devika celebrates her 3rd birthday on the 14th of February. We wish her a happy,



It's Your Day



delightful and prosperous day.

Best Wishes from **Chinu, Chakara, Appumama, Ammayi, Achamma and Achachan**

prosperous day.

Best Wishes
from **Dad Veda, mom Viji and sister Keerthana**

My brother S.Abinash celebrates his 12th birthday on 27th of February. We wish him a very happy birthday. May god shower his



blessings on you.
Have a great future!
Best Wishes from



* S.Abinash



* V.Sanjana

sister **Steffi**,
mother and
grandfather

V.Sanjana is celebrating her 7th birthday on the 5th of February. We wish her a happy and



* Surya Sujit

My brother Surya Sujit is celebrating his 9th birthday on the 7th of February. We wish him good health, happiness, prosperity and a bright future. Many happy returns of the day!

Best Wishes
from
Sister Sirisha, mama and daddy

Five-a-Day

Eat five-a-day, eat five-a-day,
All vegetables, fruits, leaves, stems
and roots,
Eat to be healthy, eat to grow well,
And eat to run around forever.



Off to the Sun...

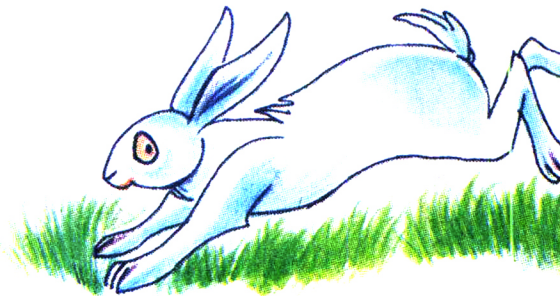
I'm building a rocket,
As soon as I'm done
I'm taking my friends
On a trip to the Sun!
But what do you mean?
That the sun is too hot?
Oh well, I suppose
I'll just pick a new spot!

- S.Darshan, Std.IV,
AVB MHSS,
Coimbatore

White and Furry

The white little furry rabbits
Keep very, very still
And peep at me across the fields
As I climb up the hill.
But if I go near
To join in their play
A flash of white and they are gone
Not one of them will stay!

- Shivani Chander, Std.VI,
PSBB Sr.Sec.School,
Chennai



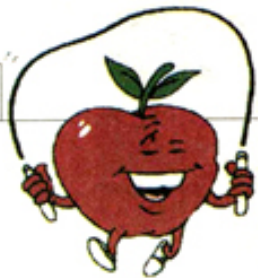
Tomatoes, cucumber, cabbages
and carrots,
These will make you fit and fine,
Eat them, eat them, don't say 'No',
Lest you feel sick and frail.

- Meghna Murali,
Std.III, Holy Angels ISC, TVM

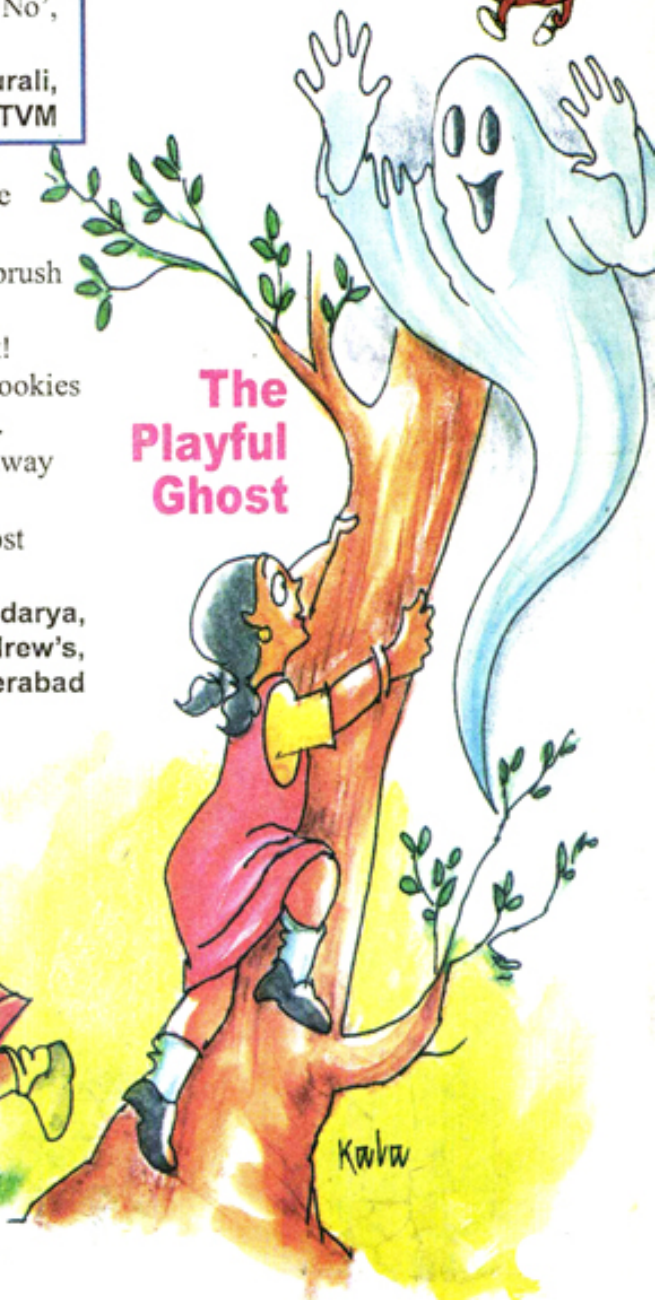
There is a ghost in my house
Very playful and funny,
When I woke up one day to brush
my teeth
I saw my mother with a stick!
The ghost had eaten all the cookies
And she thought it was me...
So she chased me and I ran away
And perched on a tree!
There I saw that naughty ghost
Laughing at me.....

- Soundarya,
Std.VII, St.Andrew's,
Secunderabad

Budding Bards



The Playful Ghost



Kalva



very year, on the last day of the Hindu month 'Karthik',

Bengalooru plays host to a 'Groundnut fair' called the 'Kadalekai Parishe'. The show is held with great pomp and splendour. Farmers and groundnut vendors from near and far offer groundnuts to the presiding diety of the place,

On seeing this huge crowd, the bull ran to the top of a nearby hillock. The farmers chased the bull and when they climbed the hillock, they found that the bull had transformed into a stone idol! The farmers were dumbstruck and decided that the bull was no ordinary creature but god himself. Hence they decided to build

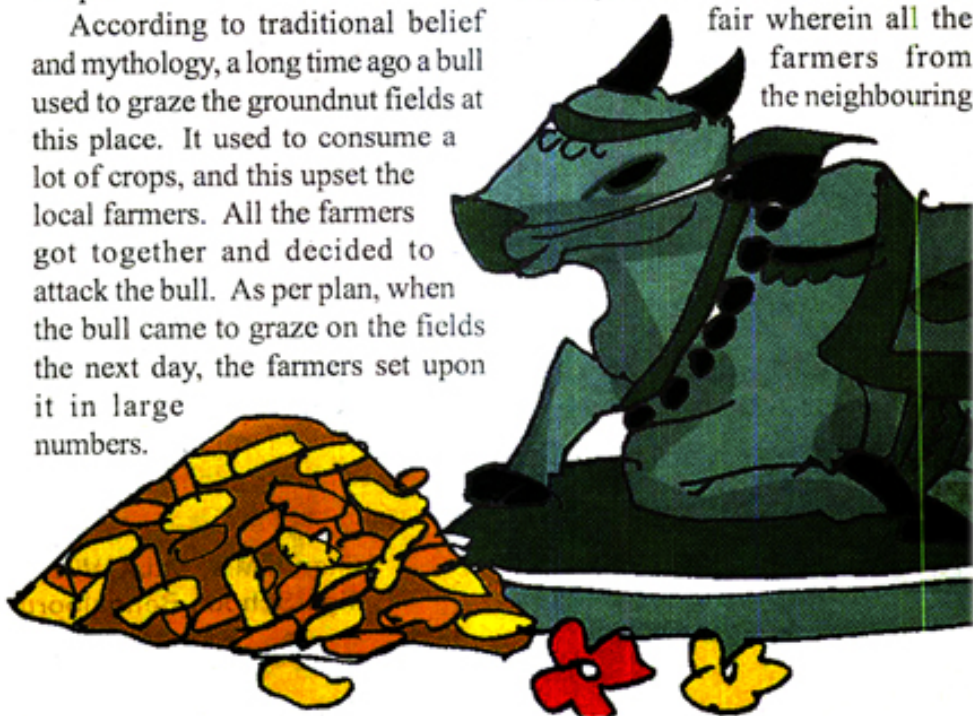
'Nutty' Affair

the *Basava* or bull. In fact the place itself is called *Basavanagudi* or bull temple.

According to traditional belief and mythology, a long time ago a bull used to graze the groundnut fields at this place. It used to consume a lot of crops, and this upset the local farmers. All the farmers got together and decided to attack the bull. As per plan, when the bull came to graze on the fields the next day, the farmers set upon it in large numbers.

a temple dedicated solely to the bull and offer their crop to the bull god. Slowly, this event developed into a

fair wherein all the farmers from the neighbouring



Fun at Fair



places too came and offered their produce to the god.

I went to the fair with my friends. There was a huge crowd at the ground. A lot of farmers were selling huge quantities of groundnuts. It was estimated that about 120 tons of groundnuts would be sold at this event to various traders and merchants from all over the state and the country. In addition to the chief product, the groundnut, there were a

number of stalls selling a variety of items like toys, plastic items, cloth, flowers, idols, clay dolls and eatables. There was a long queue before the temple and we patiently awaited our turn to enter its precincts. We offered our prayers to the 'Nandi', the bull god. Next, we decided to walk around the fair grounds. I bought a

lot of knick knacks and also lots and lots of fried as well as raw groundnuts. We also quenched our thirst by drinking sugarcane juice and ate a variety of food stuff being sold at the stalls.

Slowly dusk set in and the whole place was brightly lit up. A cultural event was organized and we enjoyed the music and dance programmes. We reached home, happy and exhausted, late at night after a wonderful outing.

- Srikanth.M.V, Std.X, Vijaya High School, Bengalooru



determined by your genes. If your parents and grandparents are short, you will also be short. Karate has nothing to do with your height. Infact, learning karate will make your body more flexible and will also strengthen your muscles. So go ahead and learn this wonderful art of self-defence.

I am studying in the seventh standard. My close friend is very thin and short. She is just three feet and eight inches tall! She is very upset about

I want to learn karate and have decided to join a class. But some of my friends informed me that practising karate regularly would reduce my height. I am not a very tall boy and now I am scared that I



Dr.N.A.Jayavelan as told to G.S.S.

will stop growing if I learn karate. I am terribly confused. What should I do?

- Rushab.R.Bhandari, Std.X,
Rotary High School,
Ranebennur, Karnataka

Your friends have frightened you with some half-baked information. There is absolutely no connection between learning karate and reduction in height. Your height is

her height. Do suggest a way to help her grow tall. Please help!

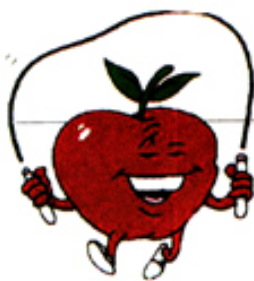
- Soundarya, Std.VII,
St.Andrew's School,
Secunderabad

If you look around yourself you will find people of varied height and weight. Some of us may be over six feet tall while others may be less than five feet! There is nothing wrong in being short. Sachin Tendulkar, the dashing cricketer whom the whole country admires and looks up to, is just five feet six inches tall!

Nourishing diet, with added milk and fruits, in addition to regular

Ask the Doc

and concentrate on leading a healthy and happy life.



I love to eat chocolates. There are a whole variety of chocolates available in shops today



IS CHOCOLATE GOOD for HEALTH?

exercise will help in the growth of human body, of which height is a part. By the way, three feet eight inches height for a twelve year old girl can by no means be termed as 'short'. There is still plenty of time for her to attain complete growth. So ask her not to worry about her height

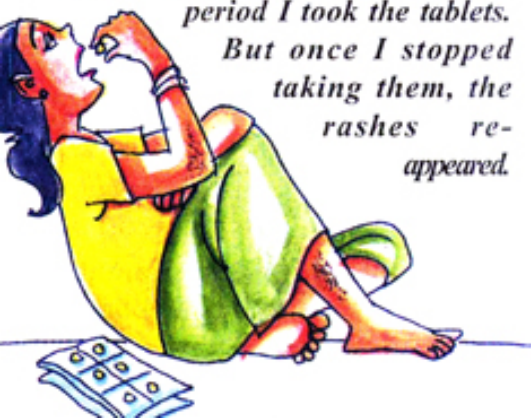
and I get attracted by their shapes and packaging. Are chocolates good for health? How much can I eat?

Megha.S.Kumar, Bishop
Cotton Girls' School, Bengalooru
Chocolates do not affect your health directly. But they may be the

root cause of certain complications. Chocolate pieces get deposited in your teeth and allow bacteria to flourish. Also cocoa, the main ingredient of chocolate, has an addictive nature. That is the reason for wanting more and more chocolates. It is very difficult to stop at one. Given a chance, children and even adults love to gorge on these delectables continuously. Eating chocolates in moderate quantity causes no harm. But do not forget to brush your teeth after that. Try drinking a glass of hot chocolate for a change.

My hands and legs are covered with acne like rashes. I visited a skin specialist who gave me some tablets for the same. He said that the appearance of acne was due to the lack of vitamin A and D. My skin became normal during the period I took the tablets.

But once I stopped taking them, the rashes re-appeared.



How do I get rid of them? Do help me.

- Prashasthi Bhat, Std.VII, KV-Ashok Nagar, Chennai

Perhaps you are affected with inflammation of the skin also known as 'dermatitis'. Add more vegetables to your diet.

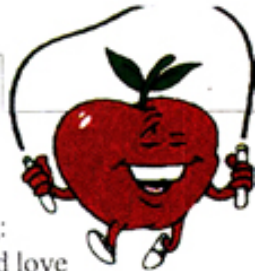
This will add more vitamins to your body. Regular jogging too helps in absorption of vitamins. Consult your doctor about the re-appearance of the rashes. He may suggest some creams for local application which may solve your problem.

I have very thin and short hair. I have taken many steps to improve this condition but have found no success. I want to have thick, black, long and glossy hair. Can you please suggest some remedies for faster hair growth?

R.K.Srividya, Std.IX, Keyes High School for Girls, Secunderabad

A healthy body implies healthy hair. Keep your scalp and hair clean. Apply hot coconut oil and massage it in regularly. Wash your hair with a mild shampoo. Rinse well with lukewarm water. Include fruits, vegetables and sprouts in your daily diet.

From Foreign Shores



The collection of hearses or mortuary carriages is really magnificent at the Bangkok Museum. Located in the capital of Thailand, these elegantly decorated carriages are for the exclusive use of the royal family. These carriages are intricately carved and a wonder to behold. Floral designs in glistening golden hues provide a spectacular view against the red backdrop. Ornamental statuettes of various gods are carved on all the carriages. A decade back, one of these elegant carriages was taken out of its enclosure for the use of the Queen Mother of Thailand who breathed her last.

A very interesting observation was that the doors of the enclosures in which the carriages were kept are very narrow. One cannot imagine these huge and mighty vehicles passing through the confines of the small door. Then how did one take them out of their precincts, when the need arose? This was the question in the minds of all the tourists visiting the Bangkok Museum. Why were the doors so small? Couldn't they have made the doors large enough for easy movement of the royal carriages? If they could create such lovely carriages, then, couldn't they have made wide and

beautiful pathways?

The answer to this was equally interesting: The people of Thailand love their rulers and respect them a lot. They wanted their kings and queens to have a long life and did not



Royal Reluctance

want to bring out these mortuary carriages too often. The curator of the museum explained that the people did not mind breaking open the small doors when the need arose, and re-built the same! But for the present they did not want to give easy passage to these ominous carriages. Long live the King..!

- S.D.Vidyuth, Sankraanthi
Vritha, Mysore

COLOUR UP



Children from all over the world send contributions to Gokulam both through email and surface mail. If your contributions are to be published, they should be interesting and well-written. But that's not enough; we need you to follow some simple rules as well:

1. Write down your name, class, name of your school and complete residential address at the beginning of each contribution. Henceforth, we will not accept any contribution with incomplete details.

2. Make use of A4 sheets and write on one side of the paper, leaving the other side blank. And do write legibly.

3. Number your pages and if your contribution runs to more than two pages, then write your complete personal details at the back of every page.

4. Contributions by e-mail are welcome... but do not forget to give complete details including your e-mail id at the beginning of each mail.

5. The best contributions will be published and a certificate of appreciation will be sent to the contributor. Do preserve your certificates, for the child with the maximum number of certificates will get a bumper prize at the end of a year.

6. All competition entries must

reach us before the last date mentioned.

7. Coupons provided in Gokulam for competition entries should not be xeroxed.



**Make Sure
and
Take Care**

8. Entries to It's Your Day (Birthday Bash) and theme based contributions (eg., Diwali, New year, Republic Day, Environment Day, Teacher's Day, etc) should reach us two months prior to the respective events.

9. We are looking for original stories, experiences, amusing anecdotes and articles, but if you have based your writing on any source, then do acknowledge it.

10. No copying, please!

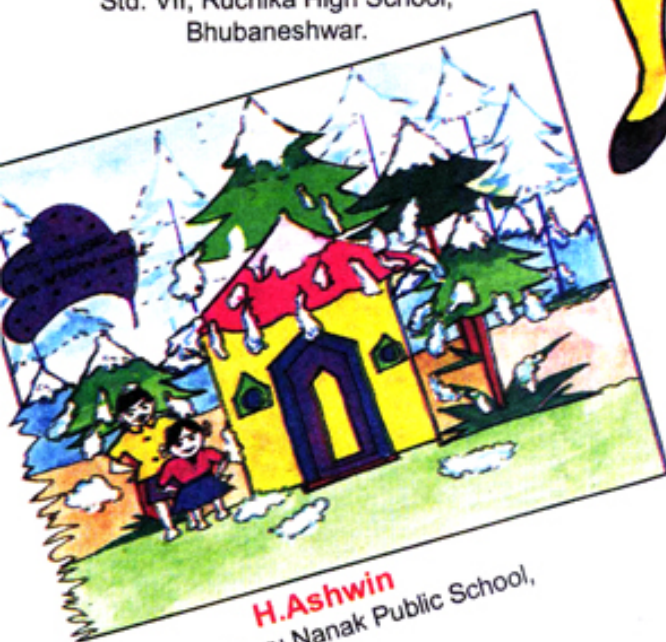
Please make sure that you take care of the ten commandments!

Attention!



Trishna Nayak

Std. VII, Ruchika High School,
Bhubaneswar.



H.Ashwin

Std. IX, Guru Nanak Public School,
Bidar.



Aditi Ravi

Std. VIII,
Venkat International
Public School,
Bengaluru

U.Akshay

Std. VI, Carmel Sr.Sec. School,
Andaman.



M.Akhil

Std. IX, Nalanda High School,
Secunderabad.





**Penden
Drema Sona**

Std. VIII,
VKV Sunpura,
Arunachal
Pradesh.

ART

Zone

S.Pavithra

Std. IX, Kamaraj Matriculation School,
Nambiyur.



It was a dark, stormy night. Rajesh

looked out of his bedroom window and shivered. He snuggled under his comforter, switched on his reading lamp and picked up a book. The book was interesting and he decided to get himself a snack and drink as well. He climbed out of bed and padded out of his room, walking to the kitchen, as all round him, the curtains flew and lightning flashed, as thunder rolled. It was 11pm... not too late, but he hoped his dad wasn't awake. His mom was travelling, an IT quality consultant who was ever busy.

He had just stuck his head into the refrigerator, when the door bell pealed over one dying drumbeat of thunder. Now that

startled Rajesh. A doorbell at 11pm?

Mum was not to come back until Friday, and it was but Wednesday night. His heart hammering, Rajesh switched on the light and stuck his eye to the peephole.

Smiling and excited, he opened the door and leapt out to give his mom a hug. "Ma!" he squealed in excitement. Ma just stood there, a loopy grin on her face. "Hi," was all she said. She looked uncertain. "Ma?" said Rajesh, now just a bit uncertain himself, "Are you okay?" He pulled her arm and brought her into the house. The arm felt cold to touch. Rather too cold.

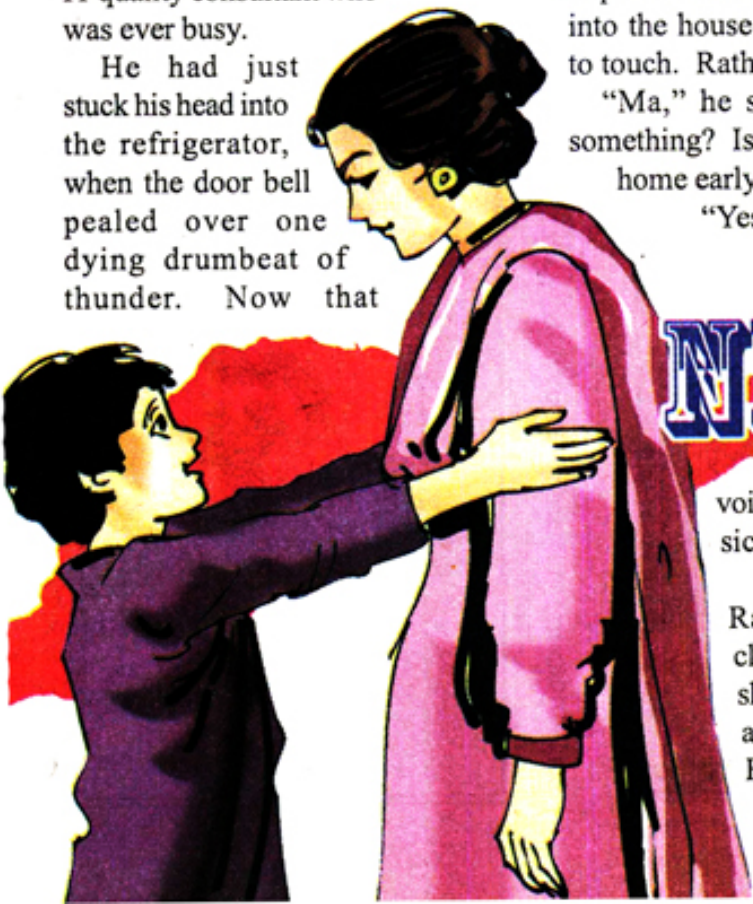
"Ma," he said, "You sick or something? Is that why you came home early?"

"Yes," she replied, her

NIGHT

voice a bit hoarse, "I am sick or something."

That was funny. Rajesh looked at her closely now, sure that she was running fever and was delirious. He touched her

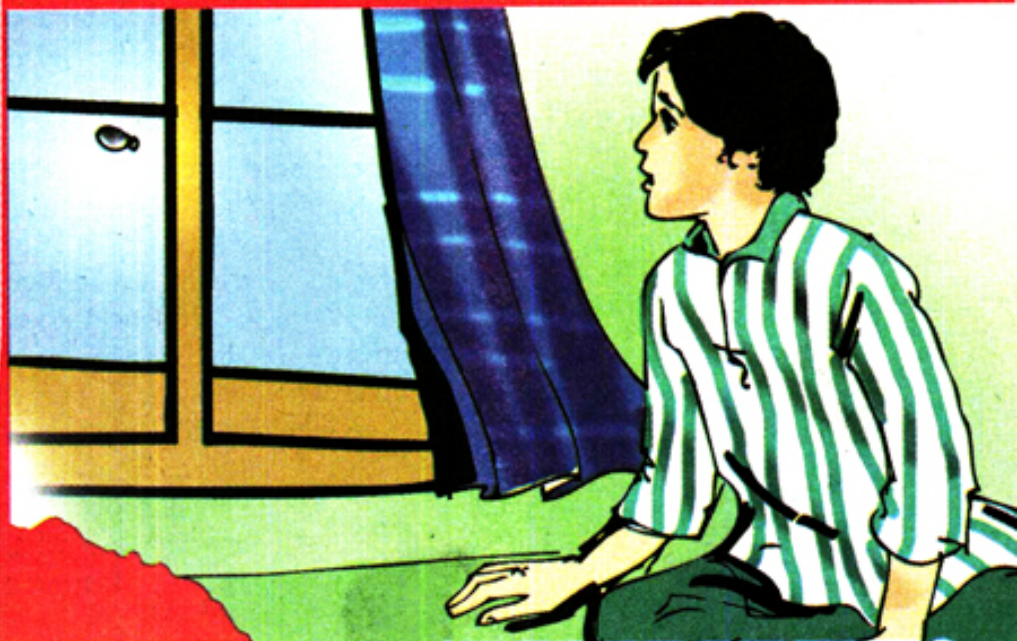


forehead and almost winced at how cold she was. Like ice. No flu here. It was something else. "Ma," he urged, shutting the door and bolting it, "Sit down, I will get dad."

"No," was all she said, "No, no,

Sci - Galaxy

turning his head from side to side. It hurt. He opened his eyes and looked up. He was lying on the floor of the



OF THE 'MUMMY'

no, no." And then she did the unthinkable. She lifted her arm and there was a flash. That was all Rajesh remembered as he slid down to the floor in a faint.

"Mummy," whimpered Rajesh,

foyer of their apartment, and all around was dead silence. "Ma?" Rajesh said the word out uncertainly looking around him. His dad was hovering over, looking worried.

"Ma is not back as yet Rajesh,"

said his father gently, "What happened? Looks like you've had a bad dream." He gently helped Rajesh to get into his room and into his bed. Rajesh glanced at the alarm clock on his desk. 12.30pm. Past midnight. Had he been lying in the foyer for an hour and a half? He closed his eyes. It must have been a dream. Could he have sleep-walked as well? He was not sure.

"Pa," he said tentatively, "Is mum back from her trip?"

"Not yet" said his father looking at him closely, "but she will be back

on Friday, as you know." He hesitated a moment and asked, "Are you missing her?" Rajesh shook his head, but he was bewildered and frightened.

His father made him skip school the next day. Rajesh did not mind at all. His head was a bit heavy, and he somehow felt a bit slower than usual. He did not think he would have been able to concentrate in class. He lay in bed, looking out at the blue sky out of his window... just looking. Idly, his mind wandered to the previous night... or should he say nightmare? Just then his eye caught a movement on the window frame.

A gray, metallic-looking bug, an inch big, was not crawling, but fairly zipping across the frame. It moved like one of those battery operated cars that he had, zipped further up the wall and hit the corner. There it settled comfortably, its insect legs folding under its wings to become a small, oval-shaped object. Rajesh stood on his bed and walked close



to the corner to take a look. "What kind of a bug was it?" he wondered.

As he stood at the corner of his mattress and peered, the bug blinked. Like a little flashlight it let out a fairly powerful glow that made him blink. Rajesh retreated wondering if he had imagined it. He lay back in his bed and continued to look at the bug hoping to catch the flash again. But the bug had obviously settled down for the day and was motionless.

It was night once again. His father lay by his side reading a book. "I will lie beside you till you sleep," he said comfortingly. He seemed to have an inkling that something had frightened Rajesh. Rajesh had by then completely forgotten about the bug.

Something prompted him out of his deep sleep. He opened his eyes with difficulty and peered around the dimly lit room. His dad had left the nightlight on. As he turned his head he got a shock. His mother sat beside him, her eyes fixed on him unblinkingly. The bug sat on her forehead. As he looked at her in growing fear, her eyes did not waver. She just sat there looking at him,



She just sat there looking at him, the bug on her forehead blinking!

the bug on her forehead blinking.

Rajesh could not scream. The breath caught in his throat. She was definitely not his mum. It was some strange creature that just LOOKED like her. This he knew suddenly and instantly. He needed to run from there. But he was rooted to his bed, unable to move.

The creature that looked like his mother opened its mouth and spoke in a flat, hoarse voice, apparently to the bug on her forehead. "This specimen is attached in some strange way," it intoned "to the specimen whose appearance I have simulated. To investigate, we need to transport this specimen as well. Specimen 1 is pining for Specimen 2 and it looks like the feeling is reciprocated. We will have to transport Specimen 2 as well to our pod, if our analysis has to succeed."

There was a flash, and the bed was empty. NO MUM SIMULATED CREATURE, NO BUG, NO RAJESH...



Health Special

While there is a lot of awareness about eating good food and exercising well, very few people actually talk about the relevance of sound sleep. In fact, parents and elders constantly harp on the fact that one should not sleep for more hours. According to them sleeping for



Sweet Dreams



longer duration is a sure sign of laziness.

But doctors today have conducted research on the subject and have found that reduced hours of sleep can cause a number of diseases in the human body. Lack of proper sleep can result in heart diseases, obesity,

diabetes, BP and even cancer! Sleep deficit causes hormonal changes and may result in rapid weight gain or weight loss. Lack of sleep also leads to impatience, lapse in concentration, tiredness and memory loss. Good sleep is very necessary for optimum and efficient performance. Today many corporates recommend short naps in the afternoon for their employees. All individuals need to sleep for a minimum of 7-8 hrs. In fact, children below the age of five must sleep for 12 hours. Children who are above five years of age, including teenagers, need a good 10 hour sleep. A good night's rest rejuvenates and recuperates the body and prepares one for the day ahead.

Exercising regularly leads to a good night's sleep. A glass of warm milk at bedtime also induces a good sleep. Spicy, oily food, tea and coffee should be avoided just before bedtime. Ensure these and have a deep and sound sleep!

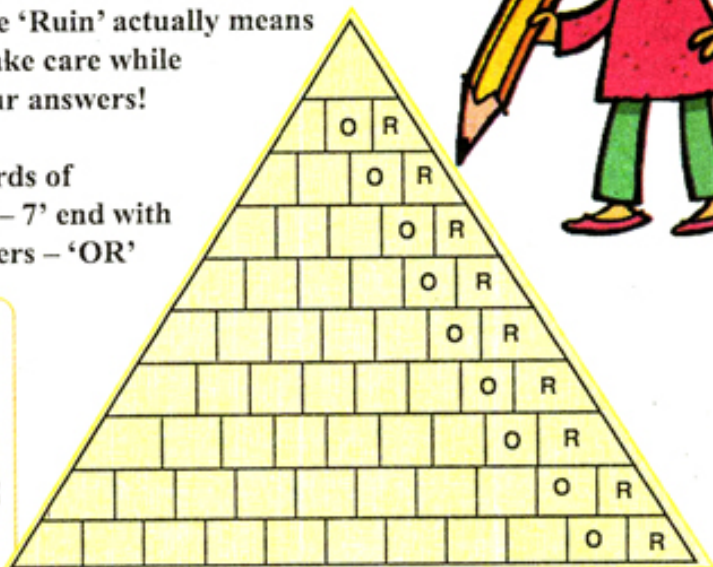
**- M.Sathyaroopa,
Std. VIII, Kalaivani Kalvi
Nilayam MHSS, Thingalur,
Tamilnadu**

Dear Children,

To the second clue 'Downfall' given in Pyramid Puzzle – 5 (December 2009 issue), we received a number of entries which stated 'Rain' as the answer. Rain is the synonym for 'Downpour' while 'Ruin' actually means 'Downfall'. So take care while writing down your answers!

Note: All the words of 'Pyramid Puzzle – 7' end with the same two letters – 'OR'

Fill
in the form
on the
reverse
of this page and
send
your entries
to Gokulam
before
25.2.10



Pyramid Puzzle - 7

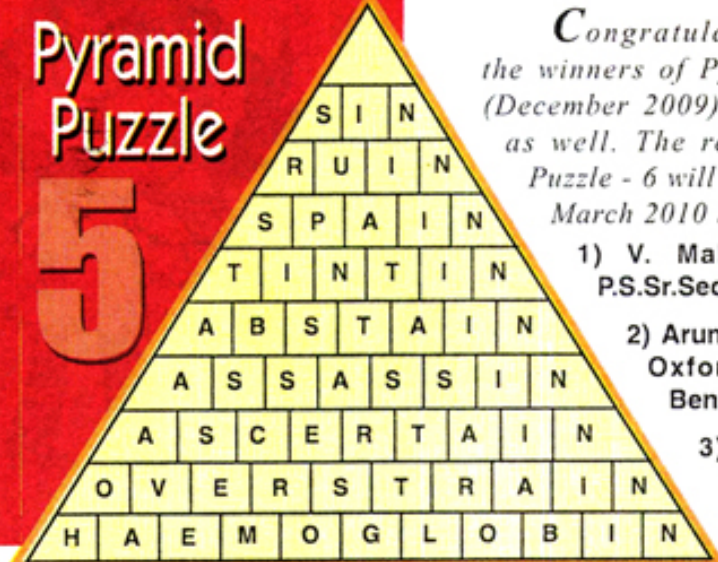


1. A preposition
2. Entrance
3. Beforehand
4. Dressmaker
5. Used in *pujas* and *artis*
6. Very good
7. Absent minded...
8. Head of a University
9. Sportscaster

- G.S.S

Pyramid Puzzle

5



Congratulations! Here are the winners of Pyramid Puzzle - 5 (December 2009) and the solutions as well. The results of Pyramid Puzzle - 6 will be published in the March 2010 issue.

1) V. Mahadevan, Std.XII, P.S.Sr.Sec.School, Chennai

2) Arun.S.Bhat, Std.IX, The Oxford Sr.Sec.School, Bengalooru

3) Renuka Ramachandran, Std.IV, St.Mary's Convent High School, Mumbai

4) Maanasa Natrajan, Std.VI, Jnanodaya School, Bengalooru

5) K.G.Sruthi, Age 11, Hindu Senior Sec.School, Chennai

Pyramid Puzzle - 7 Entry Form

Name : (Mr/Ms)

Age :

Class :

School :

* Residential Address :

.....Pin

Signature :

* Local address is a must for overseas entries.

The Editor, Gokulam, Kalki Buildings,

47-NP, Jawaharlal Nehru Road, Ekkaduthangal, Chennai - 600 032.

● Strictly for school going children ● Five lucky winners will get a cash award of Rs.50/- each. They will be decided by a draw of lots from out of the all correct entries. ● Entries with completed grid on the reverse accepted on this form only ● No xerox copies.

Around the World



"We see movies on telly; we go to the theatre once a blue moon!" You would have come across this expression, "once a blue moon" very often, meaning rare occurrence! If a second full moon appears in a calendar month, it is a blue moon. This happens occasionally, once in two or three years. There was a blue moon in December 2009. The next blue moon is expected in November 2010 and thereafter only in August 2013!



The Telangana problem continues to haunt union Home Minister P. Chidambaram. There was much violence and destruction of public property by both pro and anti Telangana

• P. Chidambaram -
Telangana Turmoil

enthusiasts, in Andhra Pradesh. An all party conference was convened by the Home Minister but no consensus was reached, except that all leaders agreed that violence must stop. A step forward indeed!

• • •



Once in a Blue Moon!

Australian school girl Jessica Watson left Sydney in her pink yacht on October 18, 2009 in her bid to become the youngest person to sail solo, non stop and unassisted around the world! Aged 16, Watson has travelled more than 8000 nautical miles since leaving Sydney, and

• Nitin Gadkari - BJP Supremo recently celebrated 70 days at sea in an isolated point on our planet!

• • •

Nitin Gadkari, B.J.P.'s new chief is the youngest President so far of the party and replaces Rajnath Singh. That the party President has been appointed and not elected is a set back for inner party democracy. Advani stepped down



to make way for Sushma Swaraj to become leader of the opposition in Lok Sabha. A new post, "Chairman of B.J.P. parliamentary party" has been created to accomodate Advani.

• • •

The recently completed Burj Dubai has become the tallest building in the world, dwarfing any other sky



• Burj Dubai - Tallest of all!

scraper that one can think of. It cost \$ one billion to build and has 160 stories!

• • •

Not to be left behind, China plans to build the world's highest

airport in the Himalayan regions of Tibet! At an elevation of 4436 metres, it is 102 metres higher than Tibet's Bamde facility, which is now regarded as the world's highest airport. China will spend around \$ 260 million on the project!

• • •

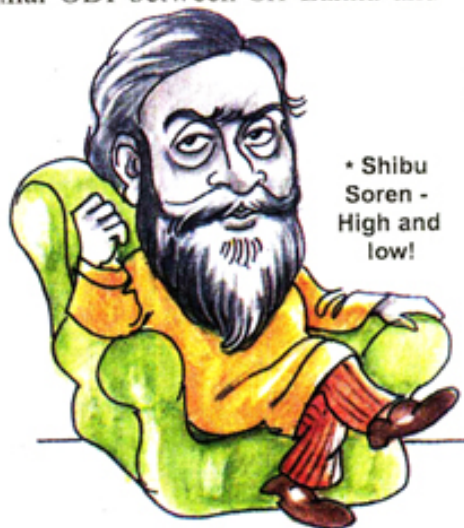
State elections in Jharkhand resulted in a hung assembly with no party securing an absolute majority. (50% of the seats). The final outcome is



hat Shibu Soren, leader of J.M.M., a party which won very few seats becoming the Chief Minister with the support of B.J.P.!



The pitch in New Delhi was found unfit for safe cricket and the final ODI between Sri Lanka and



• Shibu Soren - High and low!

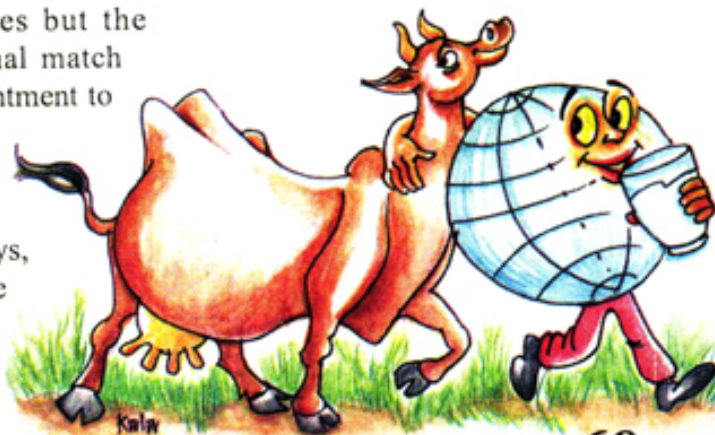
India was abandoned. India had already won the series but the cancellation of the final match came as a big disappointment to thousands of cricket enthusiasts who had gathered to witness the match. After a few days, Sri Lanka won the triseries in Bangladesh beating India in the finals, thereby making



good their defeat in the ODI series they played in India.



A few statistics which will make you exclaim, "Holy Cow!" India has 150 million cows, each of them giving an average of less than 200 litres of milk per year. If they could be fed and looked after like Israeli cows they would yield 11,000 litres, which would provide milk for the whole world throughout the year!

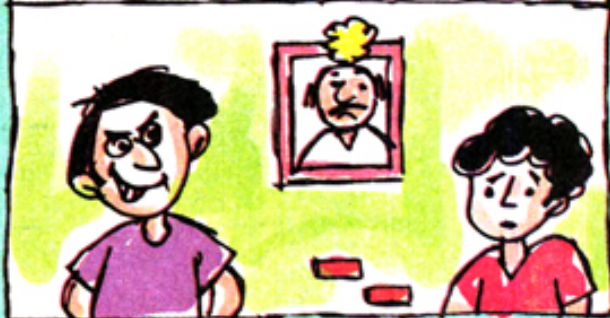


The Greedy Brother

Story: S.Prasad, Std.VIII, DAV Public School, Chennai.

Artist: Pill.

In a village, there lived two brothers, Ram and Laloo.



After their father's death they decided to share the property among themselves.



Laloo was a greedy fellow while Ram was a simpleton.



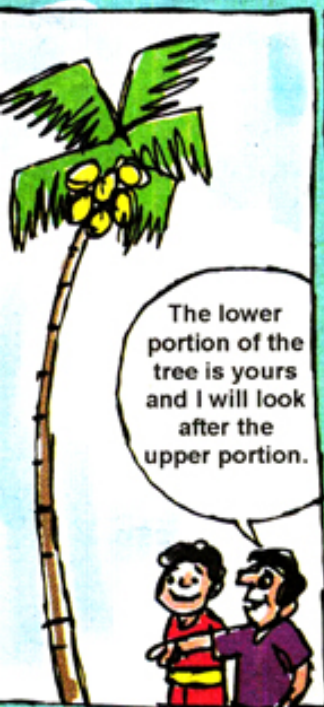
Laloo decided to fool Ram and cheat him out of his rightful share.



Laloo slept comfortably while poor Ram shivered the whole night in the cold.



Ram fed the cow and took care of it while Laloo milked the cow and earned money out of selling the milk.



Ram watered the tree diligently while crafty Laloo plucked the coconuts and sold them.



Soon, Ram was reduced to borrowing from others.



The neighbour devised a plan and asked Ram to act accordingly.



As per plan, Ram gave a soaking wet blanket to Laloo and he could not use it that night.



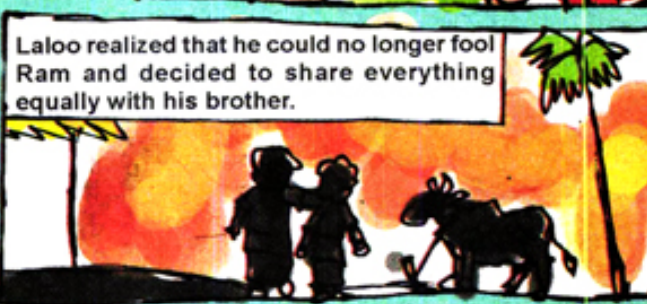
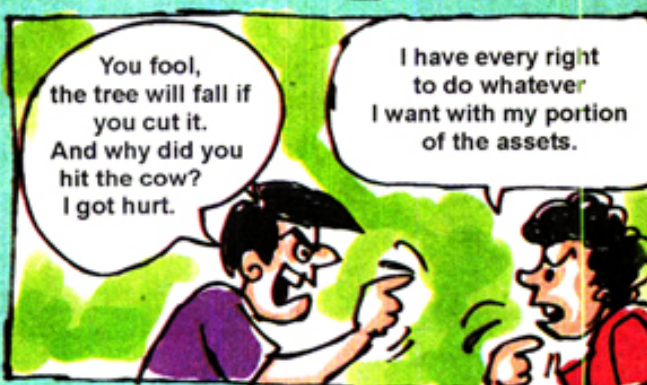
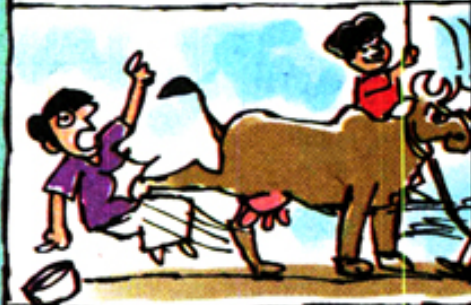
Laloo shivered in the cold while Ram watched gleefully.



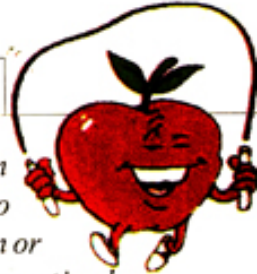
And while Laloo was milking the cow, Ram hit it and...



...the angry cow kicked Laloo and injured him.



Grandmaworm



haps you can begin by asking her to help you with a lesson or a mathematical problem too difficult for you and slowly build up a friendship in tune with her nature.

• • •

I decide to study for atleast two

Will a Computer Damage my Career?

hours, but after five or ten minutes I get up from my chair and indulge in something else. How am I to avoid this lack of concentration?

- Siddhi Pawar, Mumbai

One way of concentrating on your lessons is to read aloud, trying to understand it, instead of just mugging up. Walk to and fro in your room while reading. A much better way to concentrate is to write the lesson in a question and answer

Dear Grandma,
The girl sitting next to me in class usually gets the first rank. She doesn't talk with me or with others in our class, even during lunch break. She doesn't respond even if we talk to her.

- G.Jananee, Trichy

Dear Jananee,

Some

people open up their minds and talk a lot about various matters without any reservation. There are others who think within themselves and draw their own conclusions. Such persons do not share their thoughts with others very often. The former is known as an extrovert and the latter an introvert. Do not conclude that the girl sitting next to you is so very proud of her first rank, that she doesn't talk with others freely. It may be her nature or the way she has been brought up. Deal with her kindly trying to understand her behaviour. Per-



form, but this has to be done earlier and not during revision time just before exams. Take a few deep breaths after studying for fifteen minutes or so. Meditation too helps. Most important, regular exercise and seven to eight hours of deep sleep are necessary to keep you fresh and alert during the day.



I read many adventure stories and wonderful poems. I too would like to write a story or poem but can't decide on a topic to write about. Please help!

- Kavyashree
S.Bhat, Verna,
Goa

There are innumerable topics on which you can write articles, poems or stories. You can even write a humourous skit on 'finding a topic to write about'! Observe life around you at home, in the streets and at school. Many incidents happen in front of your

eyes, some funny, some sad, some frightening, some amazing, some peculiar and so on. All these incidents have a nucleus for a nice short story. Think about the incident. How did it happen and why? What was the outcome? Put it in writing in that order and you have a story! Use your imagination too, to give the story a surprise twist in the end. However, writing poems, skits or short stories and getting them accepted for publication is not easy. Keep on trying. Believe in the motto, "Practise makes perfection." Success will come to you sooner or later.

I am in standard ten and I have a lot of work to do. Please give me a timetable so that I can make best use of my time.

- V.B.Sreelakshmi, Kollam

Dear Sreelakshmi,
Your timetable will have to be prepared by you to suit your needs.

I can only generalize. First of all you must realise that every minute of your day is important, including hours of sleep and play. Your body needs good exercise and deep sleep. Remember the saying, 'time and tide wait for no man'. Don't waste a single minute on worthless chatter or T.V. programmes. I'm not against entertainment. I'm only emphasizing that even your leisure activity must be beneficial to you. Once you recognize the value of time you will draw up a good timetable for yourself. Most important, make up your mind to abide by the timetable!



I need a computer urgently and my father agreed to buy one. But some relatives told him not to buy,



as it would damage my career! Please give your opinion.

- Amit Vaidya, Barbil, Orissa

Dear Amit,



A computer, if properly put to use can be highly beneficial in many ways, not only to you but to your parents as well. But a computer can also spoil you if misused. For instance a person can become an addict to computer games. Or, he can be surfing the internet endlessly, viewing worthless matters, wasting his time. So, make up your mind and assure your parents that the computer will be put only to proper use. They will certainly satisfy your wish if they can afford it.

Love,
Grandmaworm

We were all very excited when our principal announced that we would be staging a drama as a part of our school event. But our excitement soon turned to confusion and apprehension when she also informed us that we, the students, would be organizing and staging the whole event. A hundred questions rose in our minds... how could we organize this mega event when we had never even organized a small tea party? How would we choose the topic for the play? Who would select the students and assign the respective roles, and on what basis? And while our mind was buzzing with these questions, our principal was bombarding us with various other responsibilities. Whew! The list seemed endless. We had to decide the costumes, the stage decoration, write the dialogues for the play, decide the budget, find sponsors for the event, design the brochure, sell the tickets and send the invites too! Imagine doing all these tasks with only the bare minimum guidance from the teachers!

* Krishna, the messenger of peace



'BHASHA'

-A drama presented by

After our initial apprehension, we all got together and decided to tackle the challenge head on. We decided to look at the positive side to this task. After all, very few students of our age get to organize and stage a play!



* Powerful Ghatotkhacha

School Event

stage decoration, costume and art and craft.



The acting committee decided on the play to be staged. After a prolonged discussion we chose five short plays from the great Indian epic 'Mahabharatha'. These plays were *Madhyama Vyayogam*, *Duta Vakyam*, *Karna Bharam*, *Duta Gatotkhacham* and *Urubhangam*, written by the ancient poet Bhasa. We therefore decided to name our drama "*Bhasa Bharatam*".

Courage, valour, duty and righteousness were the central themes of the play. Next we selected the students for the various characters,

BHARATHAM'

the students of 'Navadisha'

We all wanted to make a success of this event and show to the world that we could do it! We decided to set up committees comprising of a few students to deal with each aspect of the play.

Soon, we had various committees for acting, budget, sponsorship, brochure, photo and media,

based on their physical attributes as well as performance skills. The ones playing the part of Bhima and Ghatotkach had to be tall and hefty with powerful physique and good stage presence. After the selection, we zeroed in on practice time. We set apart two hours daily from 1pm to 3pm, exclusively for rehearsals. In the meantime a few of our students got together and prepared the dialogues for the actors.

The costume committee started working on the actors' costumes. Rather than going

in for flashy garments, we decided to be minimalist. But what about the cost for hiring and stitching the costumes? The budget committee worked on the total expense for the play and also allotted a certain allowance to each committee. We had to work within our budget. The pricing of the ticket was also decided by them after various deliberations. We all wanted to make a profit for our school.

So, the sponsorship committee took over and vowed that they would bring in sponsors for the play. They decided to call upon various companies. They took appointments and met the concerned person and persuaded them to sponsor the play. To do this they had to have proper sponsorship forms, script of the play and a letter from the school. The committee members also trained beforehand on what to speak when they met the probable sponsors. Our sponsorship committee did a commendable job and we managed to collect lots of funds.

Next came the brochure committee who were in charge of designing the brochure that was to be distributed free of cost at the venue. They also had the responsibility of calling up all our sponsors and ensuring that they sent their advertisements for the brochure. The photo and media



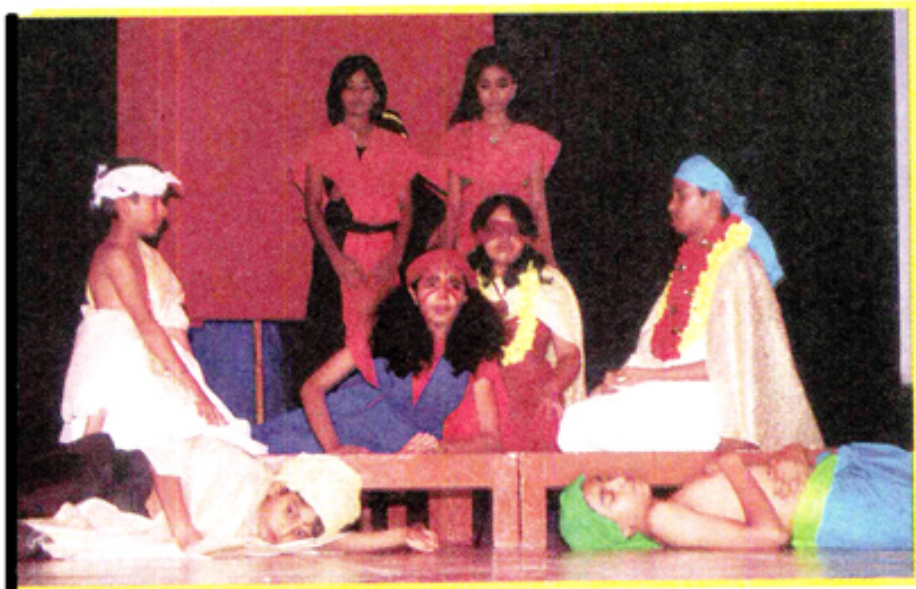
committee had to contact the press and inform them about this unique event. They were also responsible for taking photos of the whole event. The ticketing committee designed and sold tickets. Theirs was quite a tough job! The stage decoration committee had to decorate and design props for the stage. They made the crowns, chariots, weapons

And other props required on stage.

All the various committees worked in co-ordination with each other and the preparation went on smoothly.

Finally, the D-day arrived and the curtain rose. The hall was filled with parents, sponsors and other

the final act, we were greeted with a thunderous applause and shouts of encore. We breathed a huge sigh of relief. The play was a resounding success and we had proved that we were capable of organizing a mega event. We sincerely thank our principal for her confidence in us, for entrusting us with a huge



* The finale - Duryodhana's fall

drama enthusiasts. We were all a bundle of nerves, but once the play started the actors gained confidence and gave a flawless performance. The whole hall was engrossed in the play as we took them to a far away land, the land of the ancient *Kurus* and *Pandus*. The audience watched spell bound as the events unfolded before them. Time flew by and after

responsibility, for giving us a chance to learn the difficulties and intricacies of staging an event all by ourselves, for teaching us what co-operation and co-ordination could achieve. It was a one-off, never to be forgotten experience!

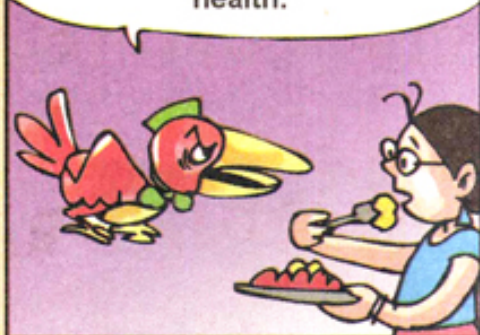
- Shraddha Shankar, Std.VI,
Navadisha Montessori School,
Chennai

BILLU

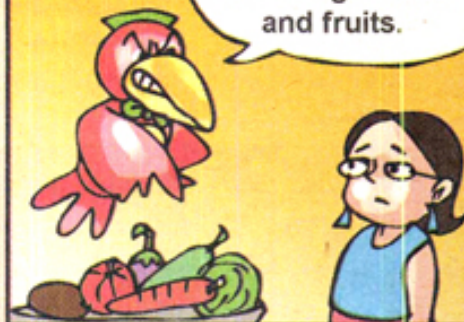
arttichudii

Concept, Pictures :
PILLAI

Jillu, junk food is not good for health.



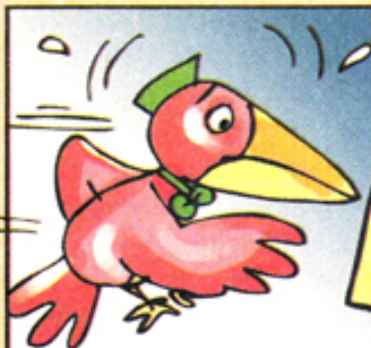
You should eat more vegetables and fruits.



Make exercise a part of your daily routine!



Billu dear, anger is bad for your health. Why don't you fly around till you calm down?



WELCOME TO
AMERICA

Jillu is right.
I feel cool and relaxed after flying in the open sky.
Hey! What's this?
I have reached the shores of America!



S.Pravallika Narayan,
Std: IX, Atomic Energy Central School-1,
Hyderabad



RAM AND SHYAM ARE AT THE AMUSEMENT PARK.

THIS NEW TOPSY-TURVY RIDE IS THE HIGHEST AND SCARIEST.

I CAN'T WAIT TO GET ON IT.

I DON'T KNOW IF THOSE ARE SCREAMS OF FEAR OR ENJOYMENT.

A LITTLE OF BOTH I THINK.

SUDDENLY THE SCREAMS BECOME LOUDER.

LOOK THE LAST CARRIAGE HAS COME LOOSE!

THE CARRIAGE FLIES THROUGH THE AIR AS EVERYONE LOOKS IN DREAD.

QUICK! THERE'S ONLY ONE WAY TO SAVE THEM NOW.

BOTH BOYS EAT A LIME-FLAVOURED POPPINS.

DOON KYA? FORCE FIELD!

WITH THE DEKATRIX THE BOYS CREATE A FORCE FIELD, WHICH CUSHIONS THE FALL OF THE CARRIAGE.

NOW THAT THE CARRIAGE IS SAFELY ON THE GROUND, THE BOYS HELP THE KIDS GET OFF.

THE KIDS AND THE ONLOOKERS APPLAUD THE BOYS FOR THEIR QUICK THINKING AND PROMPT ACTION.

HERE! THIS WILL MAKE YOU FEEL BETTER.

